

# 2003 Georgia Student Health Survey Report



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# Table of Contents

Summary .....	v
Introduction .....	1
<b>Middle School Findings</b>	
Unintentional Injuries .....	2
Violent Behaviors .....	3
Suicidal Ideation and Behaviors .....	4
Tobacco Use .....	5
Alcohol and Other Drug Use .....	6
Initiation of Smoking and Drinking .....	7
Overweight .....	8
Weight Loss Practices .....	9
Dietary Behaviors .....	10
Vigorous Physical Activity .....	11
Physical Education .....	12
TV Watching .....	13
HIV/AIDS Education .....	14
Sun Protection .....	15

# Table of Contents (cont'd)

## High School Findings

Unintentional Injuries .....	16
Drinking and Driving .....	17
Weapon Carrying .....	18
Violent Behaviors .....	19
Suicidal Ideation and Behaviors .....	20
Tobacco Use .....	21
Alcohol Use .....	22
Current Drug Use .....	23
Lifetime Drug Use .....	24
Drug Transactions at School .....	25
Initiation of Smoking, Drinking, and Marijuana Use .....	26
Overweight .....	27
Weight Loss Practices .....	28
Dietary Behaviors .....	29
Nutritional Behaviors .....	30

# Table of Contents (cont'd)

Physical Activity .....	31
Physical Education .....	32
TV Watching .....	33
HIV/AIDS Education .....	34
Sun Protection .....	35
Appendix A:	
Table 1. Comparison of Selected Variables from the 2003 Georgia Student Health Survey and the 2001 National Youth Risk Behavior Survey (YRBS) .....	36
Appendix B:	
Table 2. National Health Objectives and Leading Health Indicators from Healthy People 2010 Measured by the Georgia Student Health Survey, 2003 .....	38
Appendix C:	
Methodology .....	39
Appendix D:	
Survey Questions .....	42
Appendix E:	
Detailed Tables for Middle School and High School Students—2003 Georgia Student Health Survey .....	46

# Summary

Some behaviors pose immediate threats to health (e.g., drinking and driving) others are more closely related to long-term threats to health (e.g., physical activity). The 2003 Georgia Student Health Survey (GSHS) provides information about unintentional injuries, violence, suicide, tobacco use, alcohol and other drug use, initiation of risk behaviors, overweight, weight loss practices, dietary behaviors, nutritional behaviors, physical activity, physical education, TV viewing, HIV/AIDS education and sun protection. Compared to high school students nationwide, Georgia high school students generally are more likely to report healthy behaviors in the areas of injury prevention and tobacco, alcohol, and the use of other substances. Georgia high school students are more likely to report unhealthy behaviors in the areas of diet and physical activity. Specifically, in comparison to national data (see Appendix A), Georgia high school students are doing better in the following areas:

- Significantly fewer Georgia high school students are rarely or never wear a seat belt while riding in a car (GA 9.4% vs. U.S. 14.1%)
- Significantly fewer Georgia high school students rode in a car driven by a driver who had been drinking alcohol in the past 30 days (GA 24.0% vs. U.S. 30.7%)
- Significantly fewer Georgia high school students drove a car after drinking alcohol in the past 30 days (GA 8.3% vs. U.S. 13.3%)
- Significantly fewer Georgia high school students smoked cigarettes on one or more days in the past 30 days (GA 20.9% vs. U.S. 28.5%)
- Significantly fewer Georgia high school students used any form of tobacco on 1 or more days in the past 30 days (GA 26.1% vs. U.S. 33.9%)
- Significantly fewer Georgia high school students have ever had at least one drink of alcohol in their life (GA 72.2% vs. U.S. 78.2%)
- Significantly fewer Georgia high school students had at least one drink of alcohol on one or more days in the past 30 days (GA 37.7% vs. U.S. 47.1%)
- Significantly fewer Georgia high school students had 5 or more drinks of alcohol in a row on one or more days in the past 30 days (GA 19.8% vs. U.S. 29.9%)
- Significantly fewer Georgia high school students used marijuana on one or more days in the past 30 days (GA 19.5% vs. U.S. 23.9%)
- Significantly fewer Georgia high school students used inhalants on one or more days in the past 30 days (GA 3.1% vs. U.S. 4.7%)
- Significantly more Georgia high school students have ever been taught about HIV/AIDS in school (GA 93.6% vs. U.S. 89.0%)

However, in some areas Georgia high school students are not doing so well compare to national data:

- Significantly more Georgia high school students were intentionally physically hurt by boyfriend or girlfriend in the past 12 months (GA 14.0% vs. U.S. 9.5%)
- Significantly more Georgia high school students were offered, sold, or given an illegal drug on school property in the past 12 months (GA 33.3% vs. U.S. 28.5%)
- Significantly fewer Georgia high school students ate less food to lose or keep from gaining weight in the past 30 days (GA 38.6% vs. U.S. 43.8%)

## Summary (cont'd)

- Significantly fewer Georgia high school students ate 5 or more servings of fruits and vegetables per day in the past 7 days (GA 16.8% vs. U.S. 21.4%)
- Significantly fewer Georgia high school students drank 3 or more glasses of milk per day in the past 7 days (GA 13.0% vs. U.S. 16.4%)
- Significantly fewer Georgia high school students participated in physical activity at least 20 minutes on 3 or more days of the past 7 days (GA 59.0% vs. U.S. 64.6%)
- Significantly fewer Georgia high school students met current physical activity recommendations [30 minutes 5 days a week (moderate physical activity) or 20 minutes 3 days a week (vigorous physical activity)] (GA 63.3% vs. U.S. 68.8%)
- Significantly more Georgia high school students had no vigorous or moderate physical activity in the past 7 days (GA 12.8% vs. U.S. 9.5%)

In comparison to national public health objectives for 2010 (Healthy People 2010, see Appendix B), for only 3 of 18 health behaviors is the behavior of Georgia high school students within 1%-2% of the national objective: seat belt use (90.6% vs. U.S. objective of 92%), physical fighting in the past 12 months (31.4% vs. U.S. objective of 32%), and weapon carrying on school property (5.0% vs. U.S. objective of 4.9%).

For the Georgia middle school students, no national estimates or national objectives are available for comparison. The percent of Georgia middle school students reporting selected health behaviors are:

- 9% rarely or never wear a seat belt
- 75% rarely or never wear a bicycle helmet
- 20% have seriously thought about killing themselves
- 8% have tried to kill themselves
- 9% smoked cigarettes on one or more of the past 30 days
- 5% used chewing tobacco or snuff on one or more of the past 30 days
- 11% ever used marijuana
- 14% are overweight
- 29% attend physical education class daily
- 52% watched 3 hours or more of TV per day on an average school day

# Introduction

Many of the behaviors that put adults at greater risk for disease and death are initiated in adolescence, including tobacco use, physical inactivity, poor dietary habits, and behaviors that result in unintentional injuries and violence. In Georgia, 72 percent of all deaths among youth and young adults aged 10-19 years result from only four causes - motor vehicle crashes (35%), other unintentional injuries (15%), homicide (13%), and suicide (9%). Among adults 25 years of age and older, 51 percent of all deaths in Georgia result from heart disease (29%) and cancer (22%). The most important behaviors leading to these causes of death are preventable - tobacco use, physical inactivity, and unhealthy diet.

To monitor priority health-risk behaviors that put youth at risk for the leading causes of morbidity, mortality, and social problems, the Georgia Department of Human Resources, Division of Public Health, in collaboration with the Georgia Department of Education, conducted the 2003 Georgia Student Health Survey (GSHS) among a random sample of public middle schools and high schools, statewide. Topics covered by the GSHS include, unintentional injuries and violence; tobacco use; alcohol and other drug use; dietary behaviors; and physical activity. By monitoring these types of behaviors, Georgia can assess the overall progress of programs and policies to reduce the behaviors that put youth at risk for developing what are, by and large, preventable health problems.

This report presents the results of the 2003 GSHS, which examine the prevalence of health-risk behaviors among middle school and high school students. All analyses conducted for this report are descriptive and use the weighted data. Throughout the report, when differences are said to be significant, there is no overlap in the 95-percent confidence intervals of the percentages being compared. Ninety-five percent confidence intervals for each point estimate (percentage) are presented in the detailed data tables found in Appendix E and the wording of the questions is presented in Appendix D.

# Middle School Findings

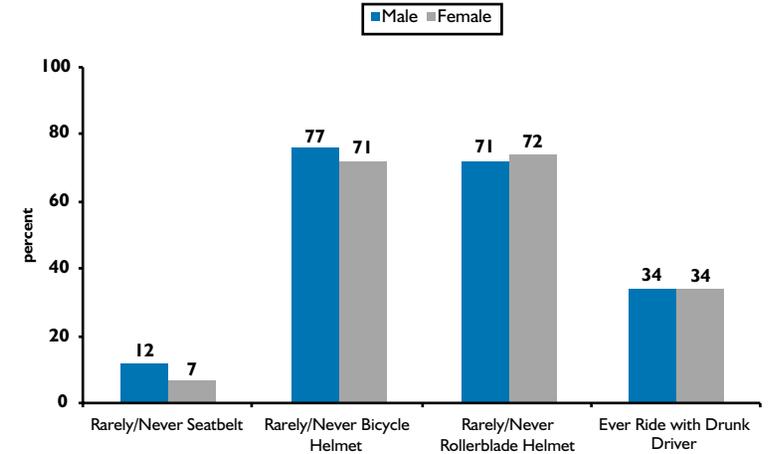


# Unintentional Injuries

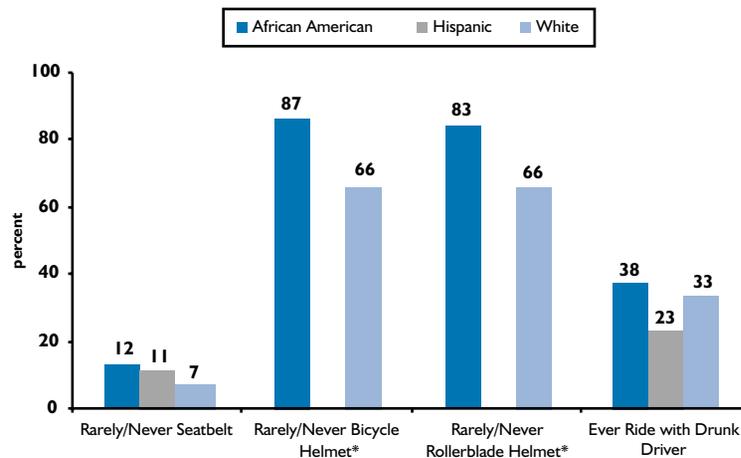
## Percent of middle school students who:

- Rarely or never wear a seatbelt – 9%**
  - Significantly more males than females report rarely or never wearing a seatbelt.
  - Significantly more African American students than White students rarely or never wear a seatbelt.
  - Rarely or never wearing a seatbelt increases from 6th grade to 8th grade.
- Rarely or never wear a bike helmet – 75%**
  - Significantly more African American students than White students rarely or never wear a bike helmet.
- Rarely or never wear a helmet while rollerblading or skateboarding – 72%**
  - Significantly more African American students than White students rarely or never wear a helmet while rollerblading or skateboarding.
- Have ever ridden in a car with a drunk driver – 34%**
  - Riding in a car driven by someone who had been drinking alcohol increases from 6th grade to 8th grade.

## Unintentional Injuries by SEX

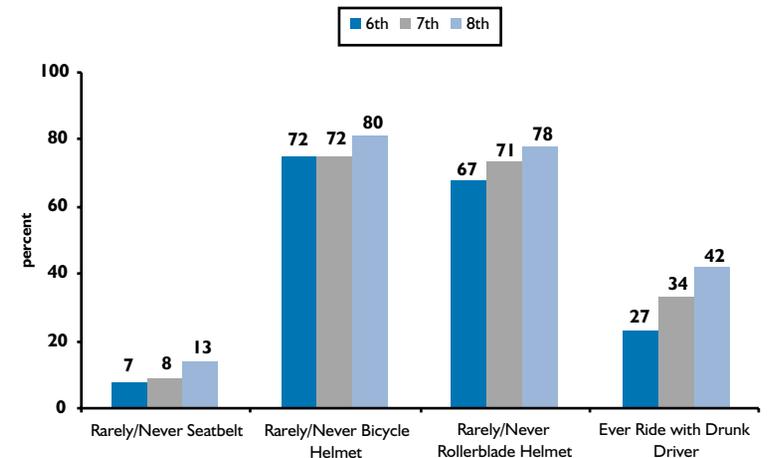


## Unintentional Injuries by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

## Unintentional Injuries by GRADE

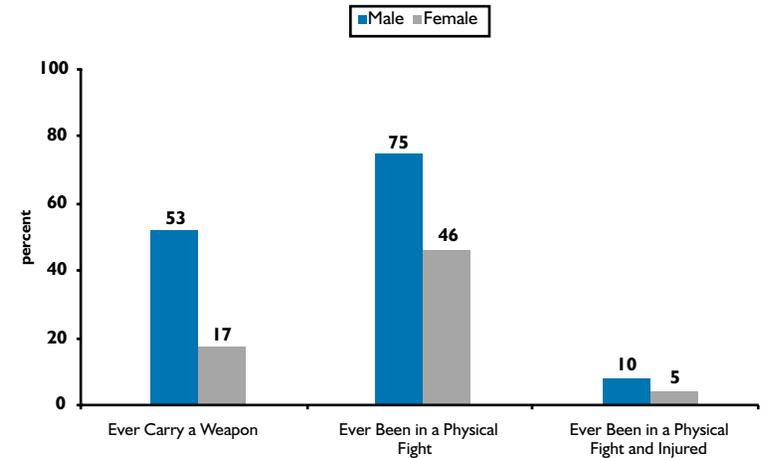


# Violent Behaviors

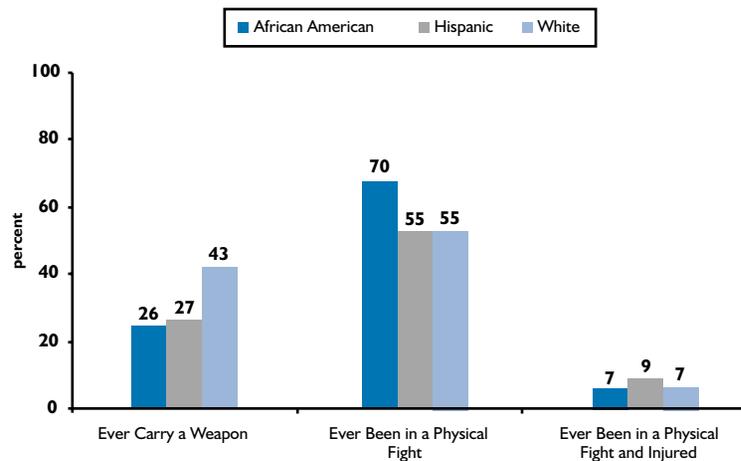
Percent of middle school students who:

- **Have ever carried a weapon such as a gun, knife, or club – 35%**
  - Significantly more males than females have ever carried a weapon.
  - Significantly more White students than African American students have ever carried a weapon.
- **Have ever been in a physical fight – 61%**
  - Significantly more males than females have ever been in a physical fight.
  - Significantly more African American students than White or Hispanic students have ever been in a physical fight.
- **Have ever been in a physical fight resulting in a medically treated injury – 7%**
  - Significantly more males than females have been in a fight in which they were hurt and had to be treated by a doctor or nurse.

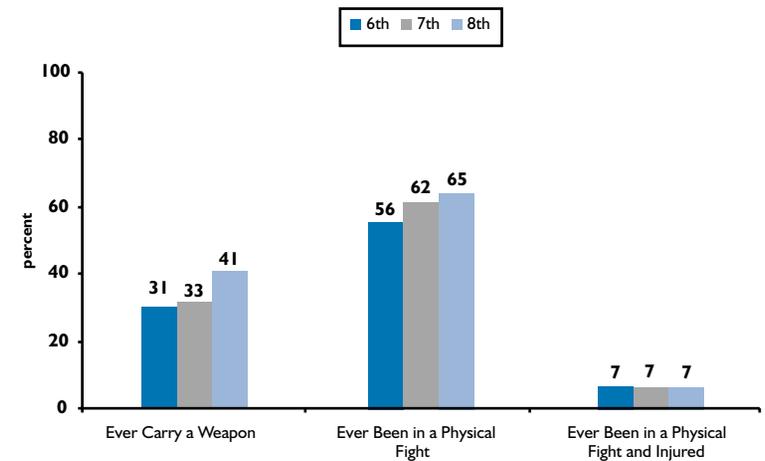
Violent Behaviors by SEX



Violent Behaviors by RACE/ETHNICITY



Violent Behaviors by GRADE

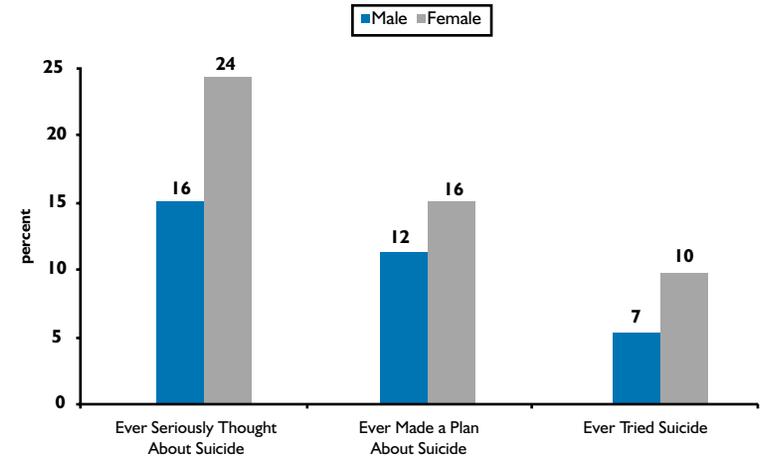


# Suicidal Ideation and Behaviors

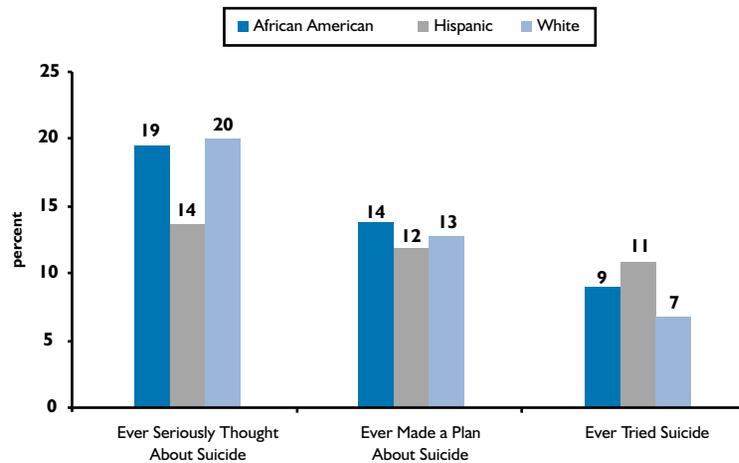
Percent of middle school students who:

- **Have ever seriously thought about killing themselves – 20%**
  - Significantly more females than males have ever seriously thought about suicide.
- **Have ever made a plan for killing themselves – 13%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Have ever tried to kill themselves – 8%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.

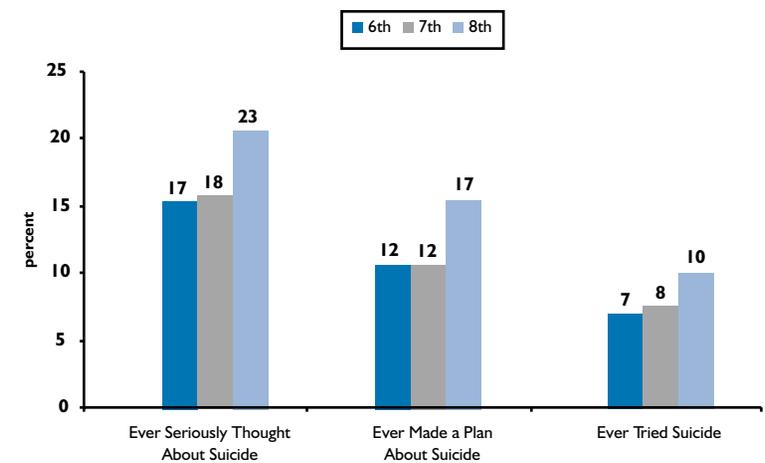
Suicidal Ideation and Behaviors by SEX



Suicidal Ideation and Behaviors by RACE/ETHNICITY



Suicidal Ideation and Behaviors by GRADE

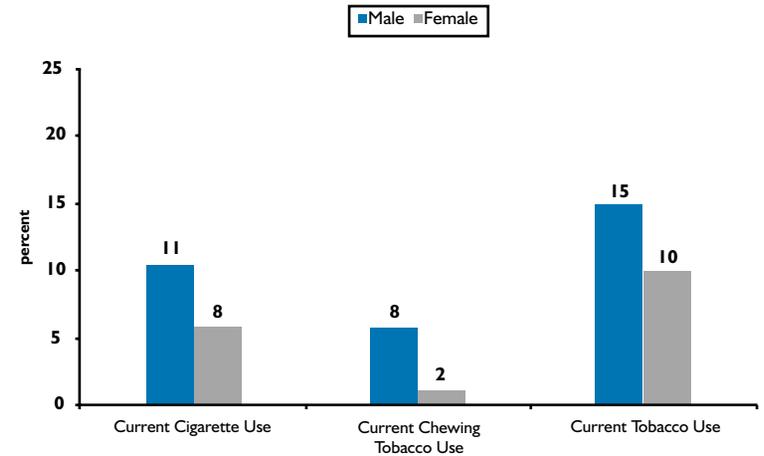


# Tobacco Use

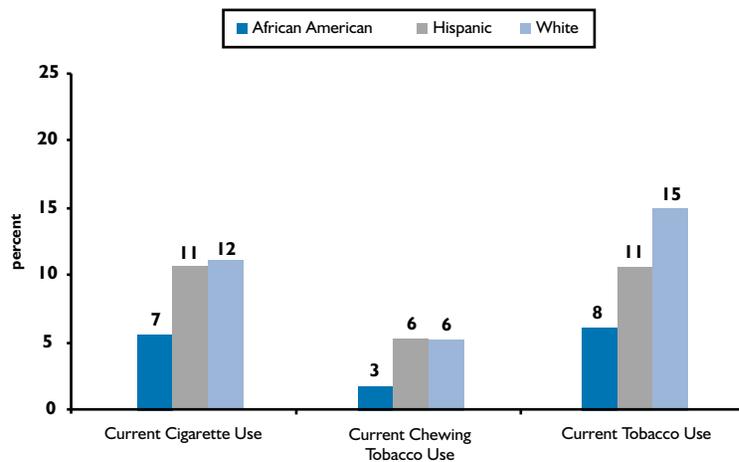
## Percent of middle school students who:

- **Smoked cigarettes on one or more of the past 30 days – 9%**
  - Current (1+ times in the past 30 days) cigarette smoking increases significantly from 6th to 7th grade.
- **Used chewing tobacco or snuff on one or more of the past 30 days – 5%**
  - Significantly more males than females have used chewing tobacco in the past 30 days.
- **Used any tobacco on one or more of the past 30 days – 12%**
  - More White students than African American students have used tobacco in the past 30 days.
  - Current tobacco use increases significantly from 6th to 8th grade.

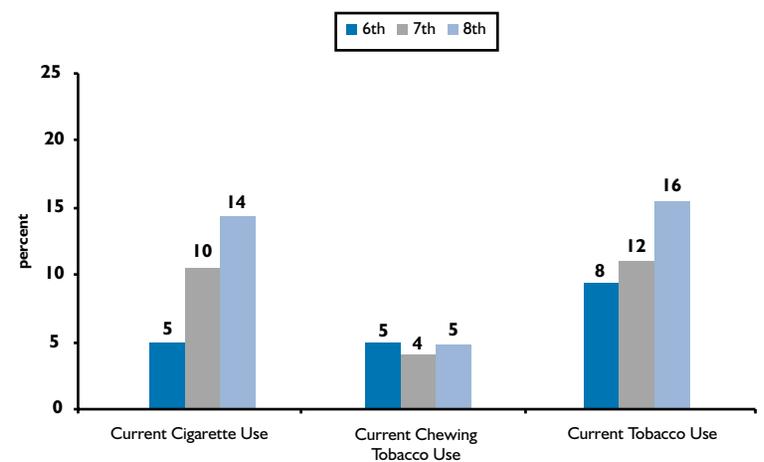
### Tobacco Use by SEX



### Tobacco Use by RACE/ETHNICITY



### Tobacco Use by GRADE

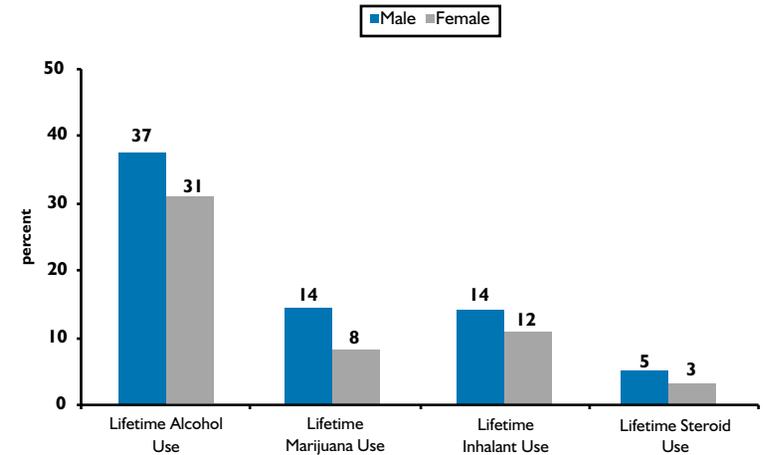


# Alcohol and Other Drug Use

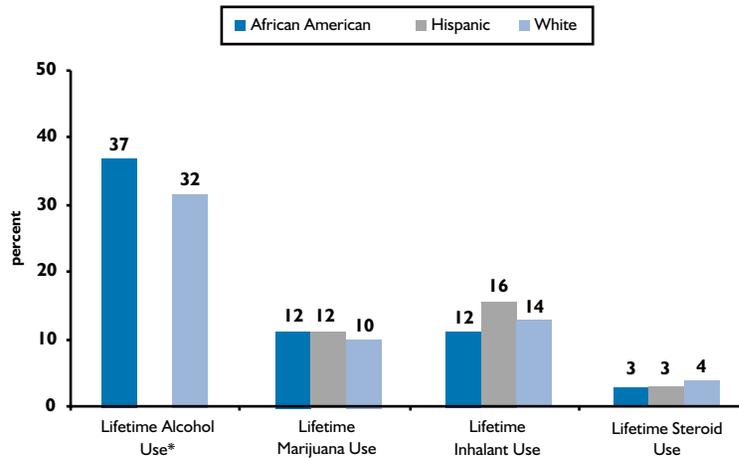
Percent of middle school students who:

- **Ever had a drink of alcohol (other than a few sips) – 34%**
  - Alcohol use increases significantly from 6th to 8th grade.
- **Ever used marijuana – 11%**
  - Significantly more males than females have ever used marijuana.
  - Marijuana use increases significantly from 6th to 8th grade.
- **Ever sniffed used inhalants – 13%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Ever used steroids – 4%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.

Alcohol and Drug Use by SEX

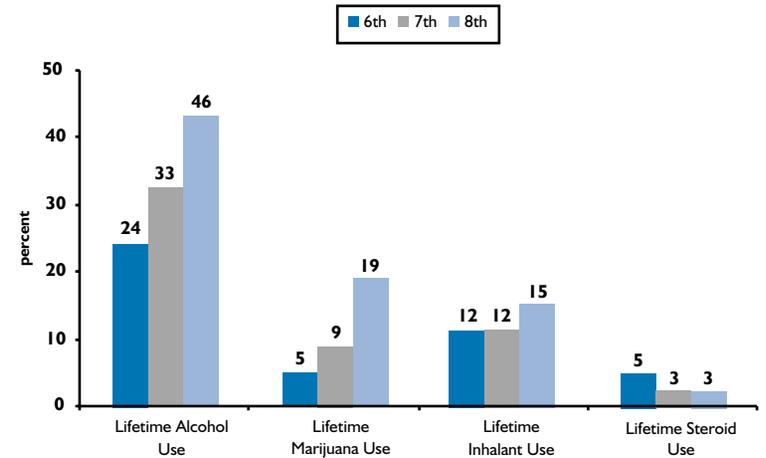


Alcohol and Drug Use by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

Alcohol and Drug Use by GRADE

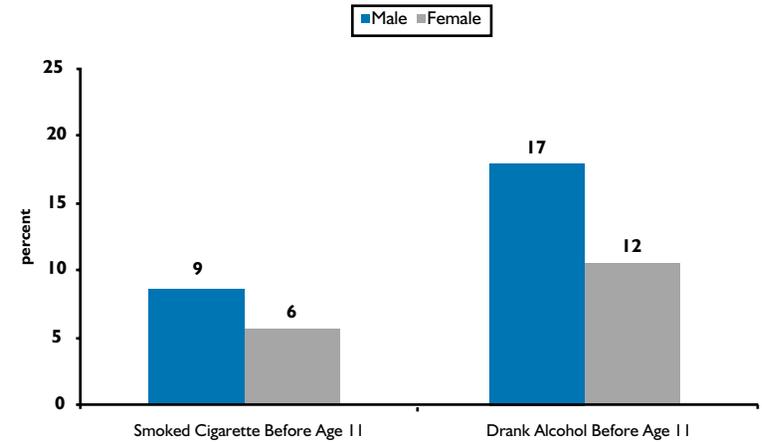


# Initiation of Smoking and Drinking

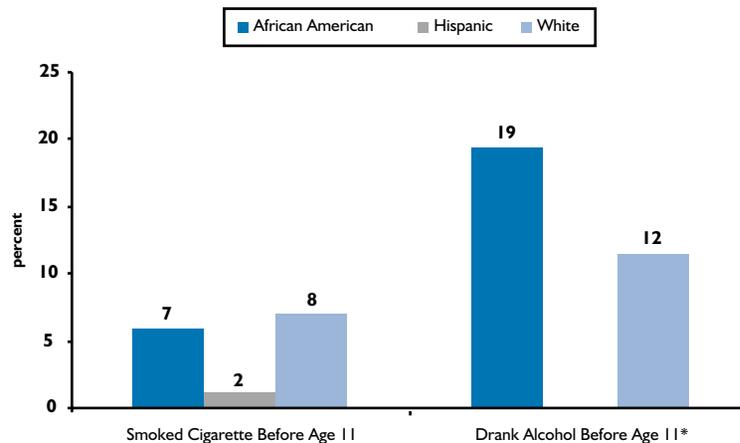
## Percent of middle school students who:

- **Smoked a whole cigarette for the first time before age 11 – 7%**
  - Significantly fewer Hispanic students than African American or White students have smoked a whole cigarette before age 11.
- **Had their first drink of alcohol (other than a few sips) before age 11 – 15%**
  - There are no significant differences among males and females or grades.
  - Significantly more African American students than white students had their first drink of alcohol other than a few sips before age 11.

## Initiation of Smoking and Drinking by SEX

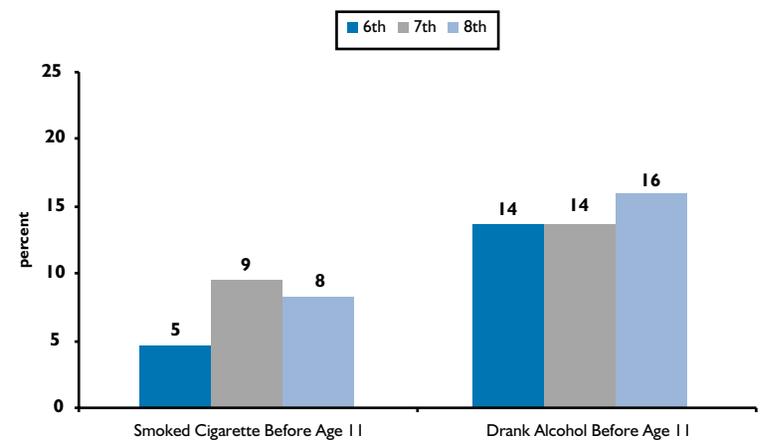


## Initiation of Smoking and Drinking by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

## Initiation of Smoking and Drinking by GRADE

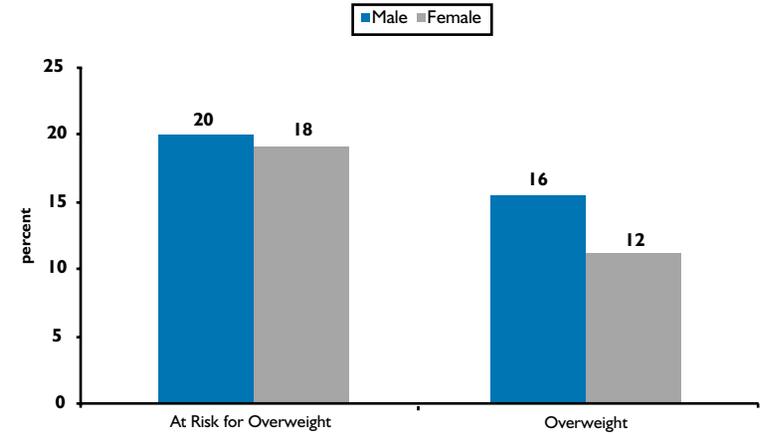


# Overweight

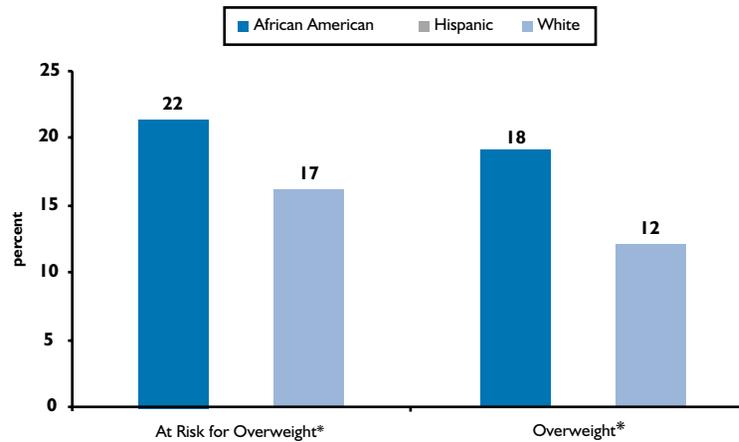
## Percent of middle school students who:

- **Are at risk for becoming overweight – 19%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Are overweight – 14%**
  - Significantly more African American students than White students are overweight.

### Overweight by SEX

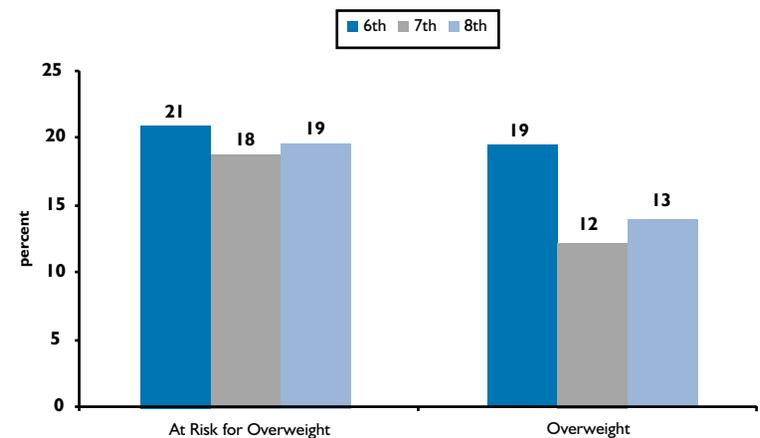


### Overweight by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Overweight by GRADE

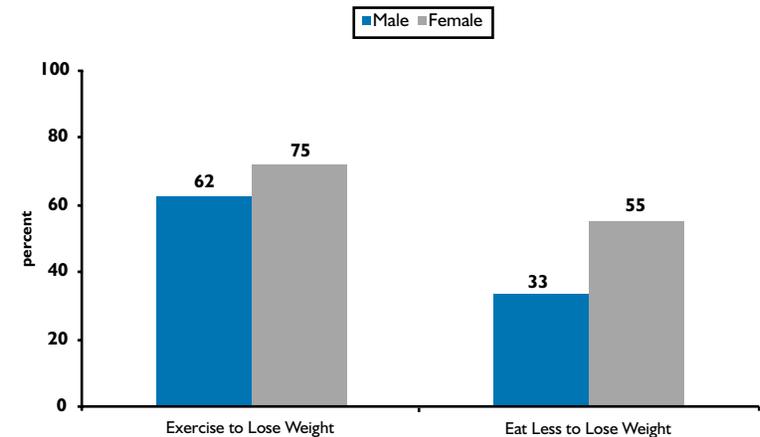


# Weight Loss Practices

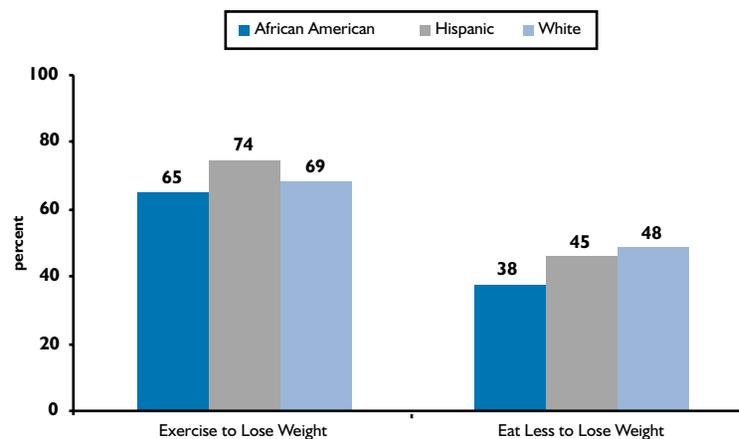
Percent of middle school students who:

- **Ever exercised to lose weight or to keep from gaining weight – 68%**
  - Females are significantly more likely than males to exercise to lose or keep from gaining weight.
- **Ever ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight – 44%**
  - Females are significantly more likely than males to eat less to lose or keep from gaining weight.
  - Significantly more White students than African American students have ever eaten less to lose or keep from gaining weight.

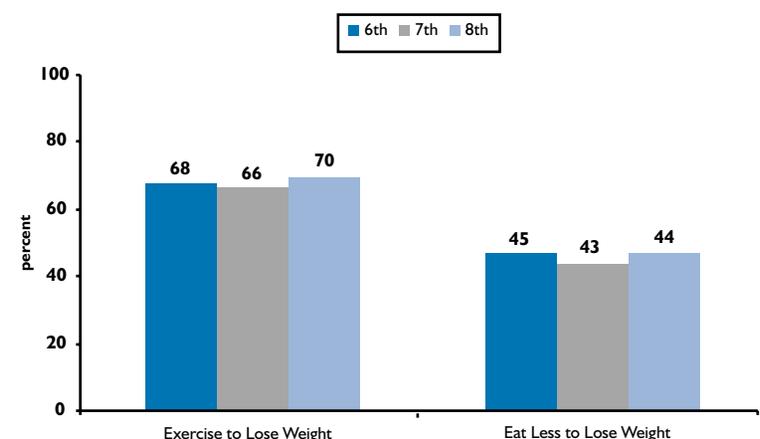
Weight Loss Practices by SEX



Weight Loss Practices by RACE/ETHNICITY



Weight Loss Practices by GRADE

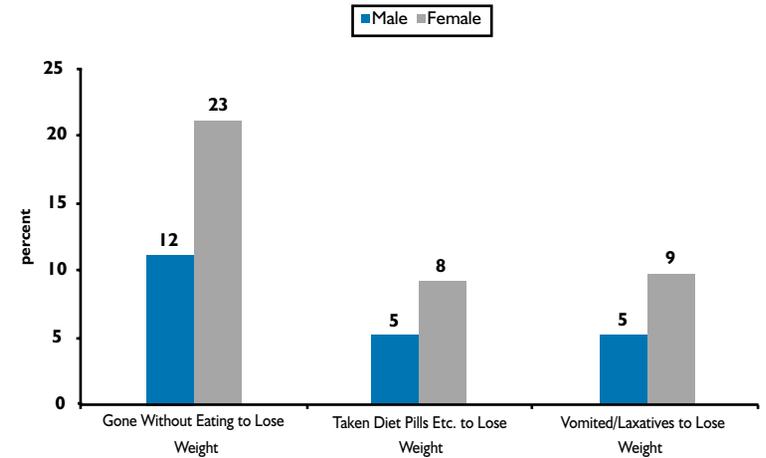


# Dietary Behaviors

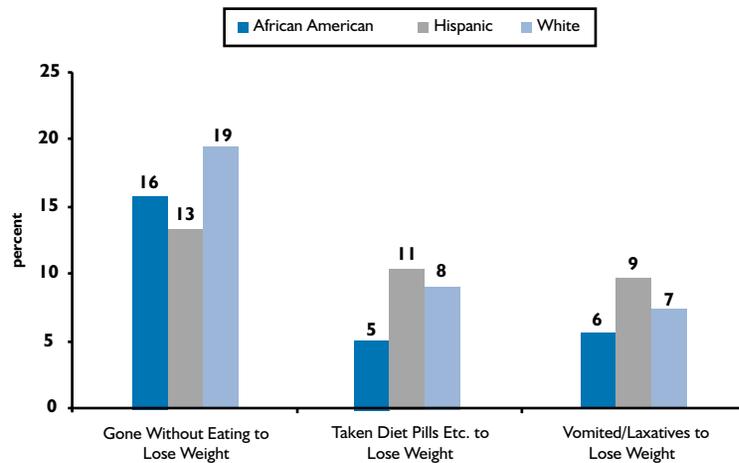
Percent of middle school students who:

- **Ever went without eating 24 hour or more to lose weight – 17%**
  - Females are significantly more likely than males to go without eating to lose weight.
- **Ever took diet pills, powders, or liquids without a doctor's advise to lose weight – 7%**
  - 8th grade student are significantly more likely than 6th and 7th grade students to use diet pills and aids to lose weight.
- **Ever vomited or took laxatives to lose weight – 7%**
  - Females are significantly more likely than males to vomit or use laxatives to lose weight.

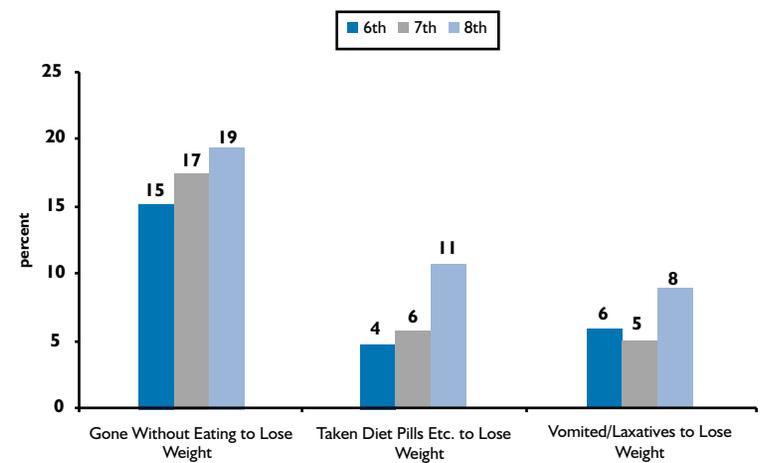
Dietary Behaviors by SEX



Dietary Behaviors by RACE/ETHNICITY



Dietary Behaviors by GRADE

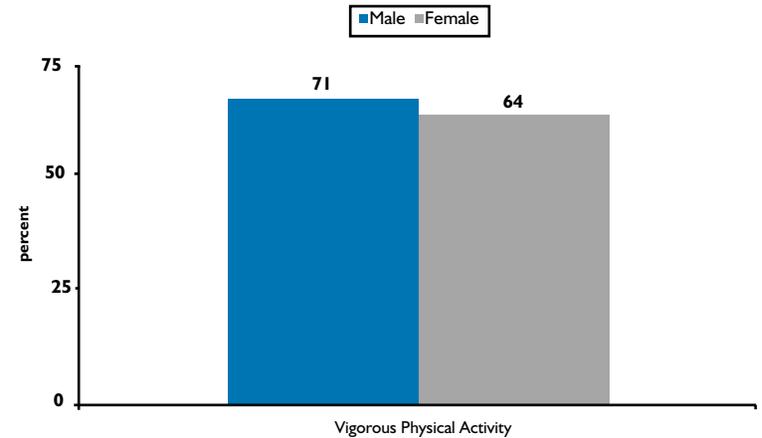


# Vigorous Physical Activity

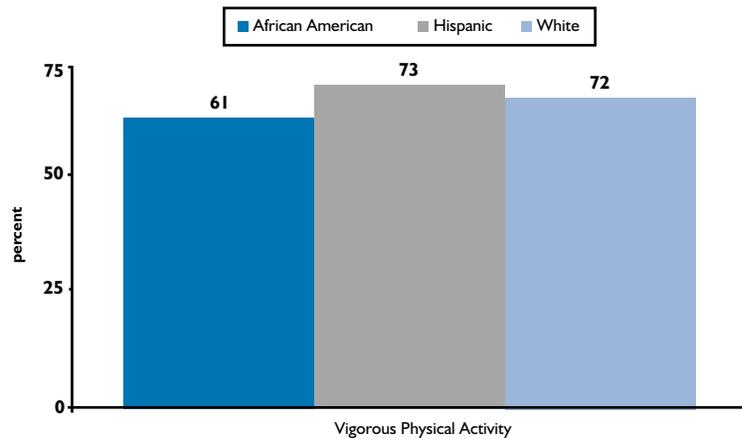
Percent of middle school students who:

- **Exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days – 68%**
  - Significantly more males than females exercised or participated in vigorous activity.
  - Significantly more White students than African American students exercised or participated in vigorous activity.

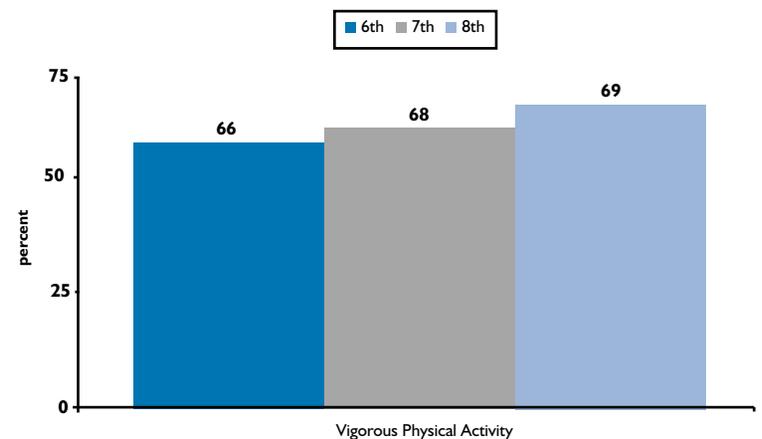
Vigorous Physical Activity by SEX



Vigorous Physical Activity by RACE/ETHNICITY



Vigorous Physical Activity by GRADE

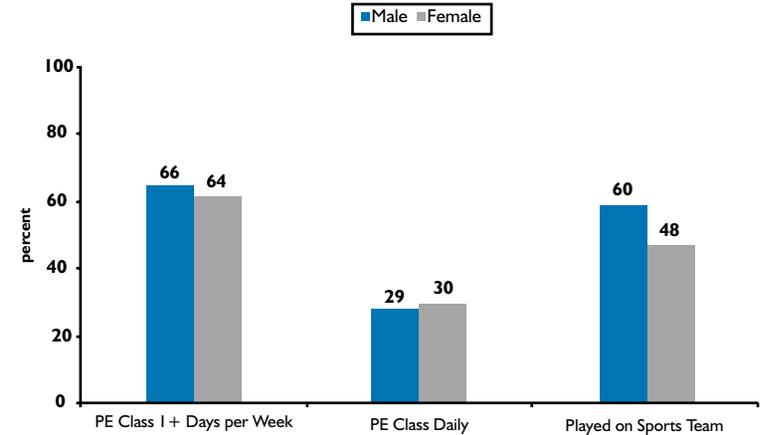


# Physical Education

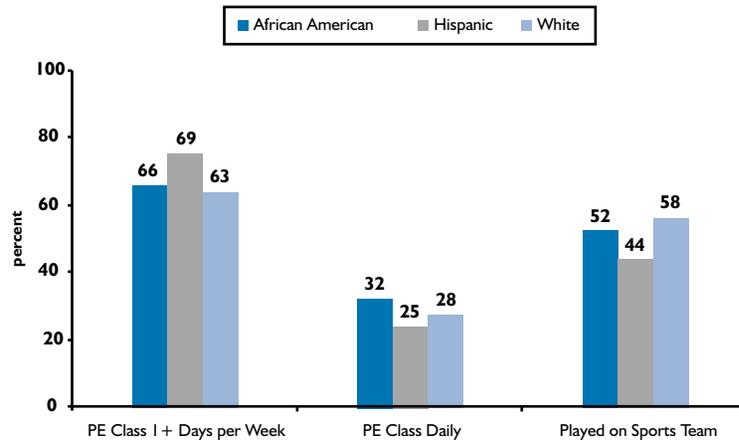
## Percent of middle school students who:

- **Attend physical education class on one or more days during the week – 65%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Attend physical education class daily – 29%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Played on some sports teams – 54%**
  - Males are significantly more likely than females to have played on some sports teams.

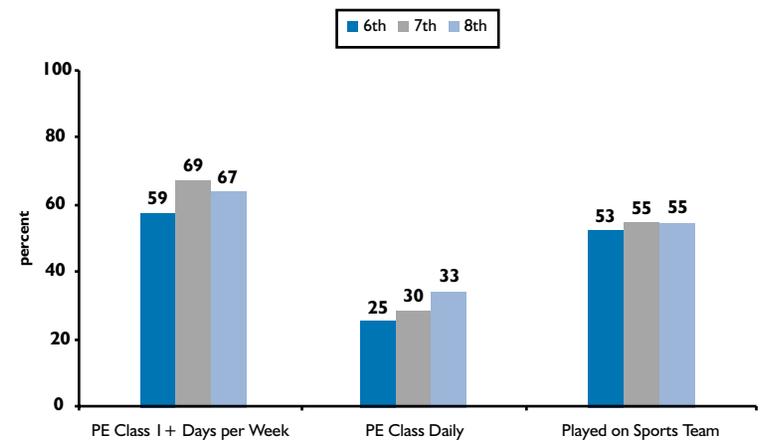
### Physical Education by SEX



### Physical Education by RACE/ETHNICITY



### Physical Education by GRADE

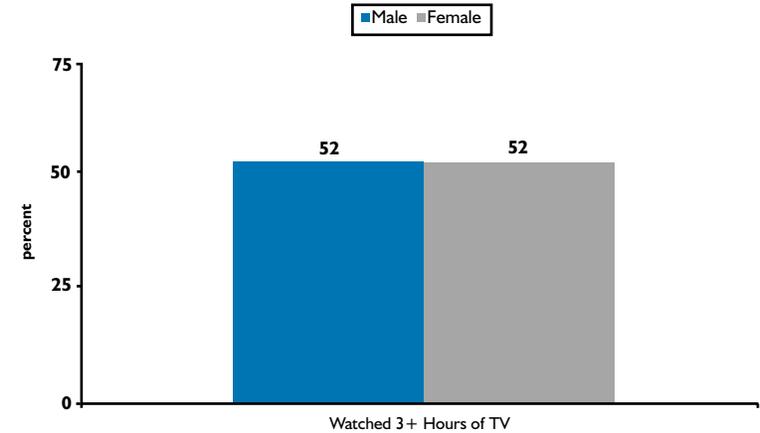


# TV Watching

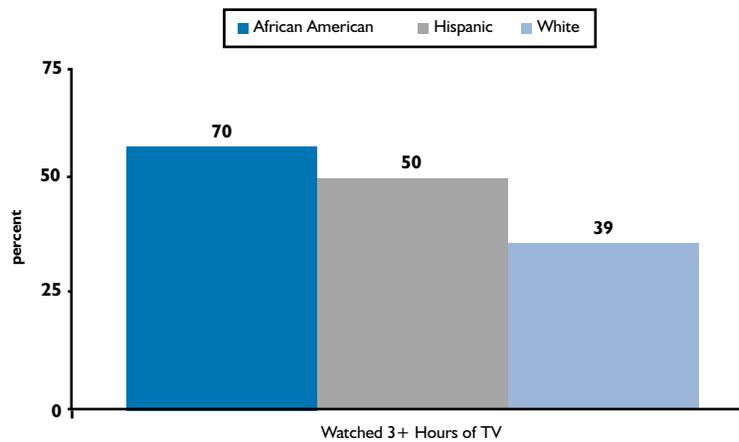
Percent of middle school students who:

- **Watched 3 hours or more of TV per day on an average school day – 52%**
  - More African American students than Hispanic or White students watch 3+ hours of TV per day on an average school day.

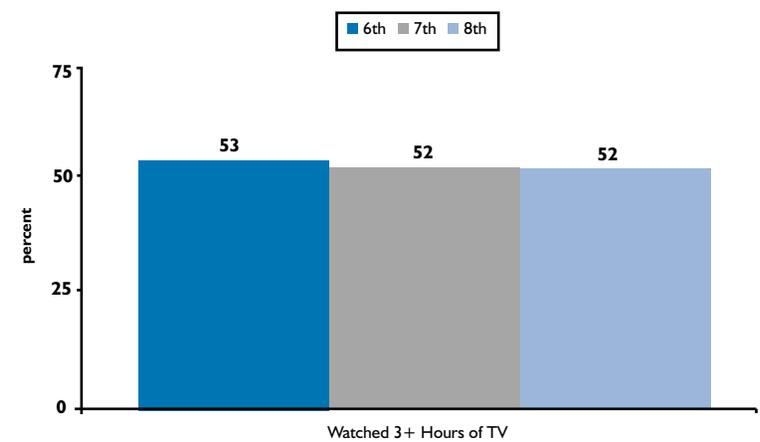
### TV Watching by SEX



### TV Watching by RACE/ETHNICITY



### TV Watching by GRADE

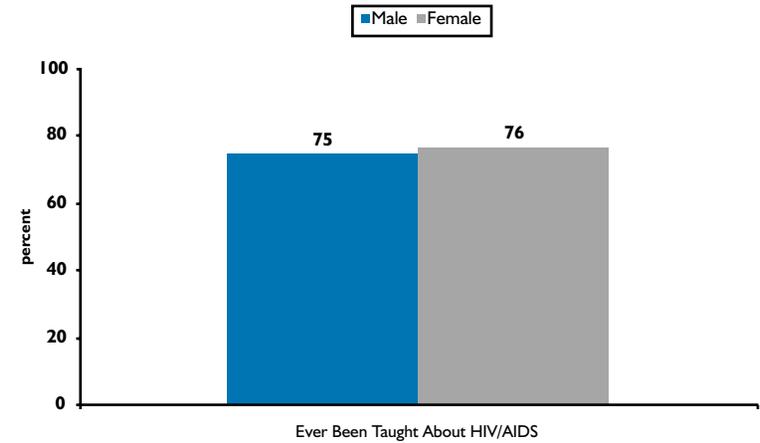


# HIV/AIDS Education

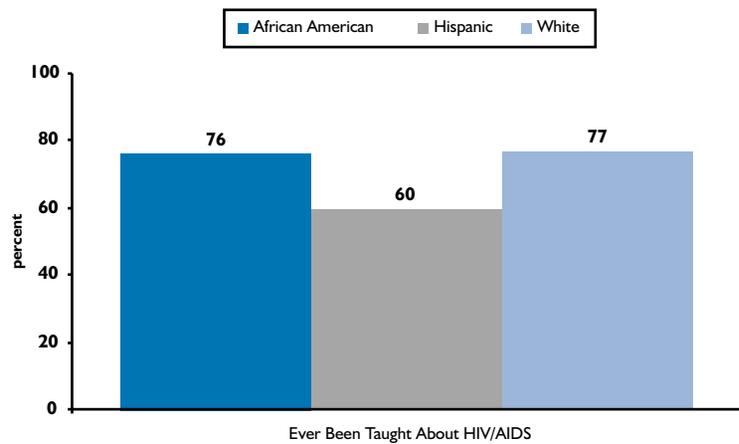
Percent of middle school students who:

- **Have ever been taught about HIV or AIDS in school – 76%**
  - HIV/AIDS education increases significantly from 6th to 7th grade.

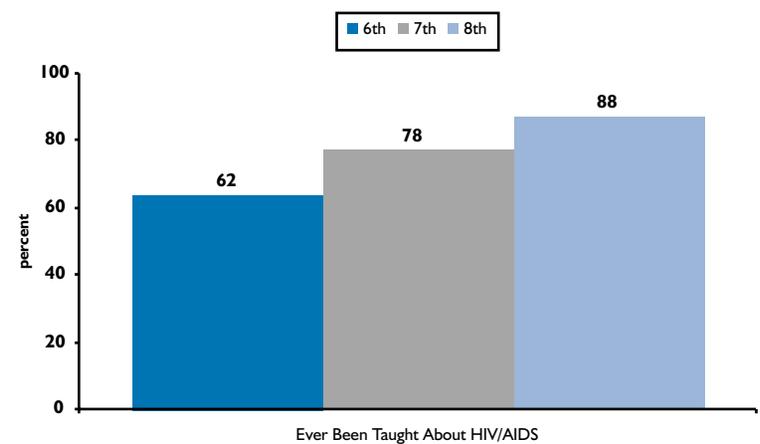
### Taught about HIV/AIDS by SEX



### Taught about HIV/AIDS by RACE/ETHNICITY



### Taught about HIV/AIDS by GRADE

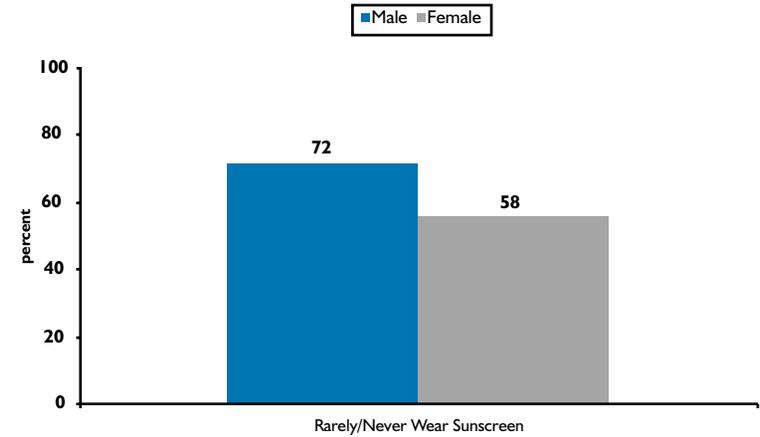


# Sun Protection

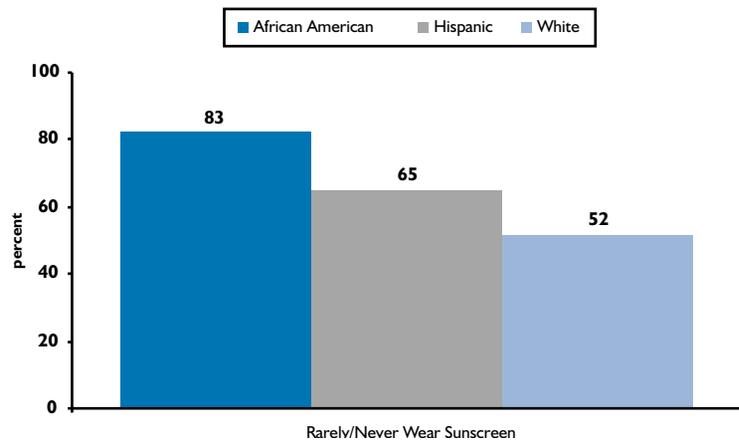
Percent of middle school students who:

- Rarely or never wear sunscreen or sunblock with an SPF of 15 or higher when they are outside for more than one hour on a sunny day – 65%**
  - Significantly more males than females rarely or never wear sunscreen or sunblock when they are outside for more than 1 hour.
  - Significantly more African American students than Hispanic or White students rarely or never wear sunscreen or sunblock when they are outside for more than 1 hour.
  - More Hispanic students than White students rarely or never wear sunscreen or sunblock when they are outside for more than 1 hour.

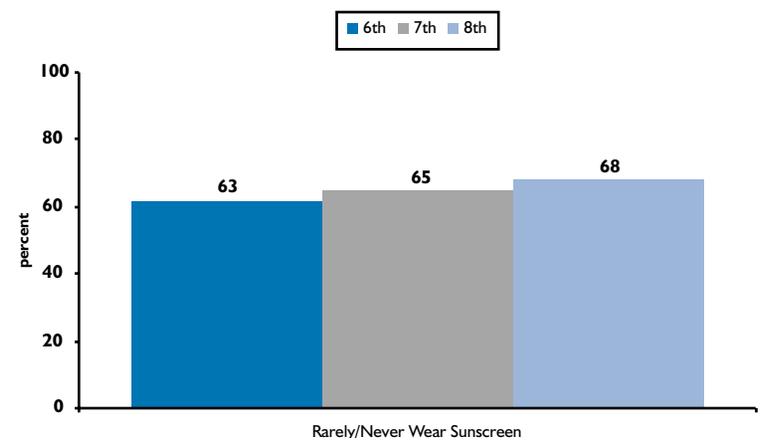
Sunscreen by SEX



Sunscreen by RACE/ETHNICITY



Sunscreen by GRADE



# High School Findings

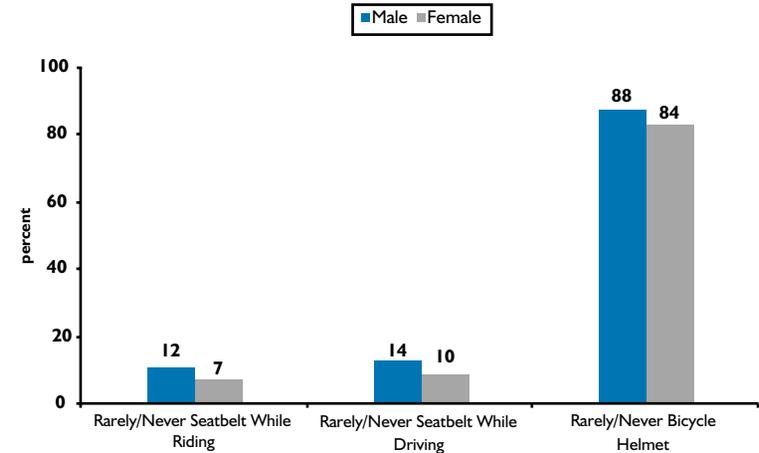


# Unintentional Injuries

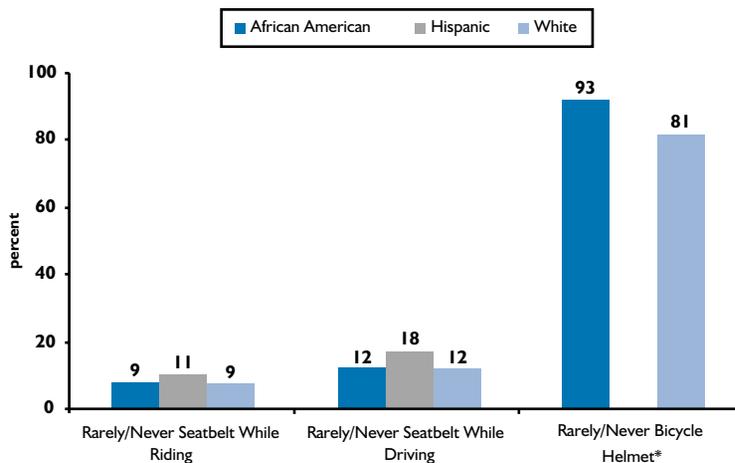
Percent of high school students who:

- **Rarely or never wear a seatbelt while riding in a car – 9%**
  - Significantly more males than females rarely or never wear a seatbelt while riding in a car.
- **Rarely or never wear a seatbelt while driving a car – 12%**
  - Significantly more 9th grade students than 11th grade students rarely or never wear a seatbelt while driving a car.
- **Rarely or never wear a bike helmet – 86%**
  - Significantly more African American students than White students rarely or never wear a bike helmet.
  - Bike helmet use decreases significantly from 9th grade to 11th grade.

Unintentional Injuries by SEX

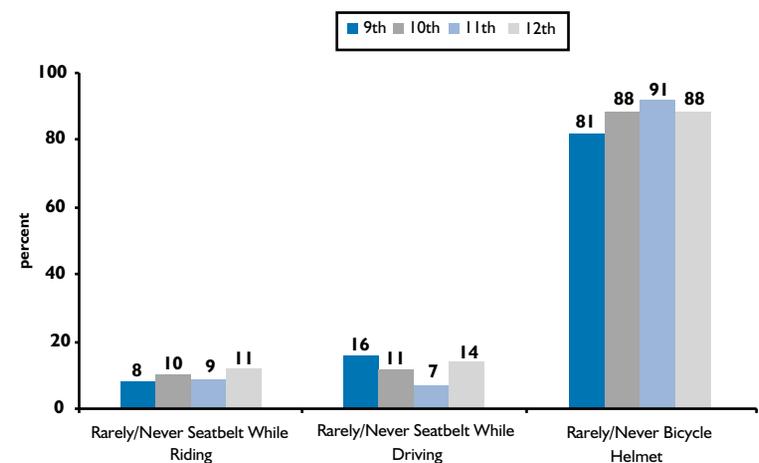


Unintentional Injuries by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

Unintentional Injuries by GRADE

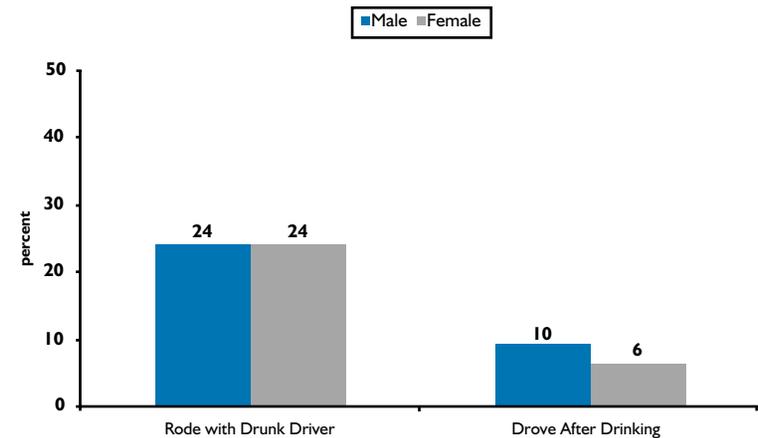


# Drinking and Driving

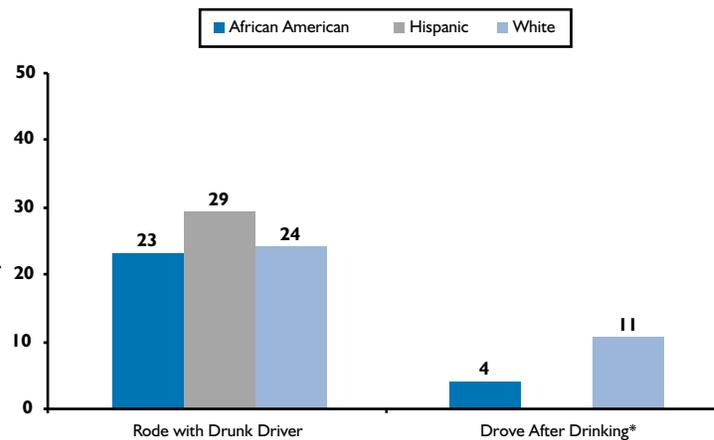
Percent of high school students who:

- **Rode in a car driven by someone who had been drinking alcohol one or more times in the past 30 days – 24%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Drove a car when they had been drinking alcohol one or more times in the past 30 days – 8%**
  - Significantly more White students than African American students have driven a car after drinking.
  - Driving a car after drinking increases significantly from 9th grade to 12th grade.

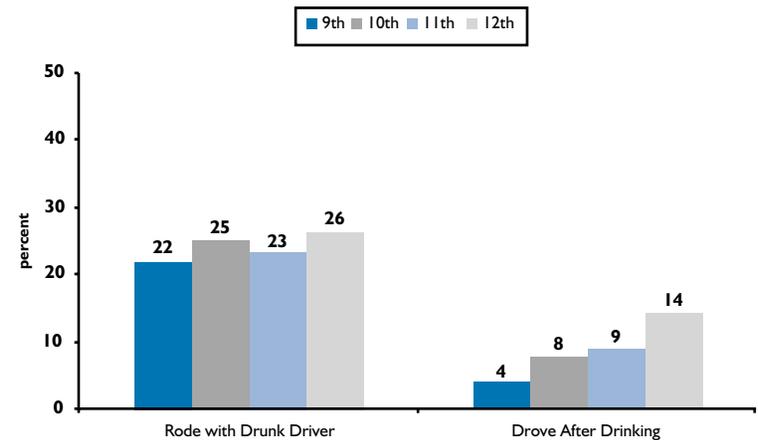
Drinking and Driving by SEX



Drinking and Driving by RACE/ETHNICITY



Drinking and Driving by GRADE



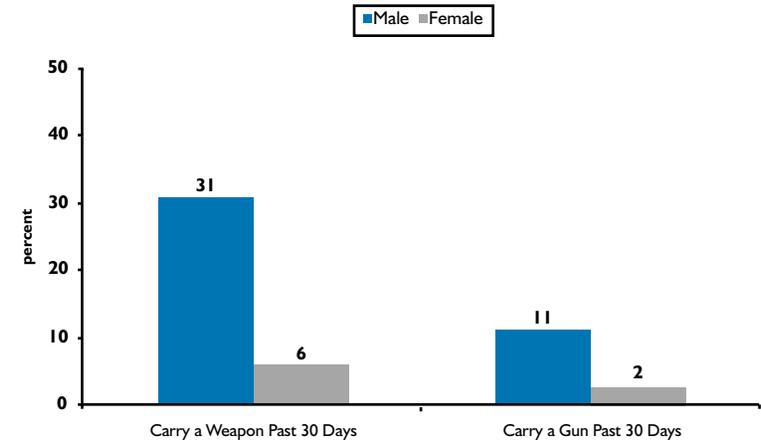
\*Percent not calculated for Hispanic because < 100 observations

# Weapon Carrying

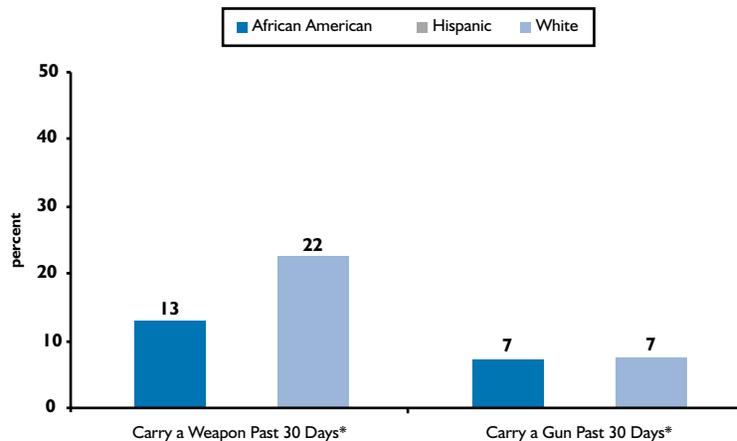
Percent of high school students who:

- **Carried a weapon such as a gun, knife, or club on one or more of the past 30 days – 19%**
  - Significantly more males than females have carried a weapon in the past 30 days.
  - Significantly more White students than African American students have carried a weapon in the past 30 days.
- **Carried a gun on one or more of the past 30 days – 7%**
  - Significantly more males than females have carried a gun in the past 30 days.

Weapon Carrying by SEX

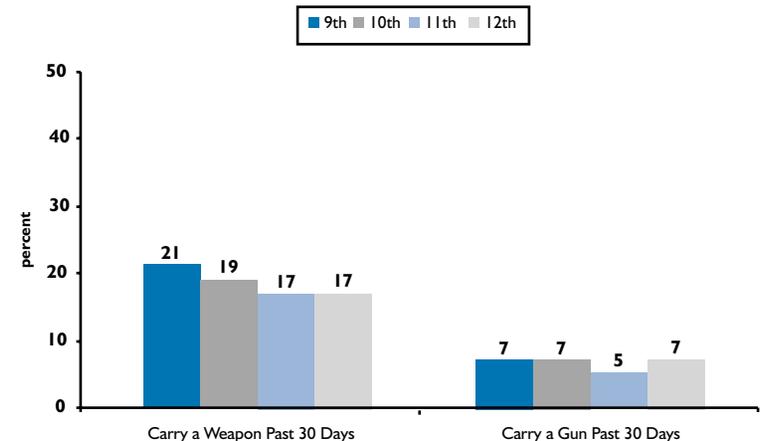


Weapon Carrying by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

Weapon Carrying by GRADE

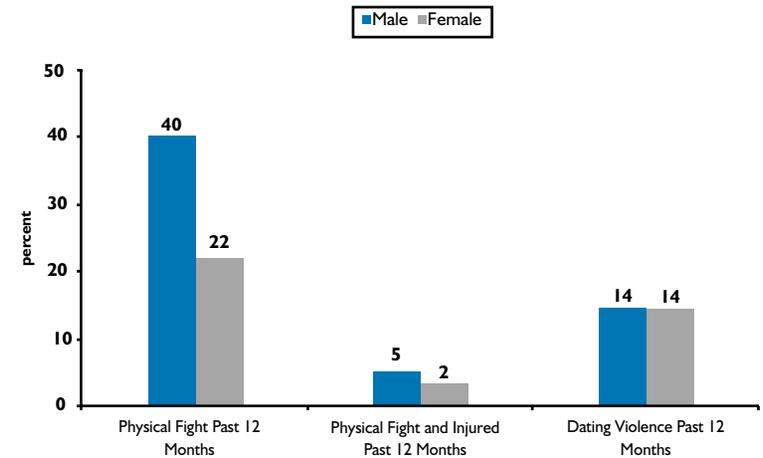


# Violent Behaviors

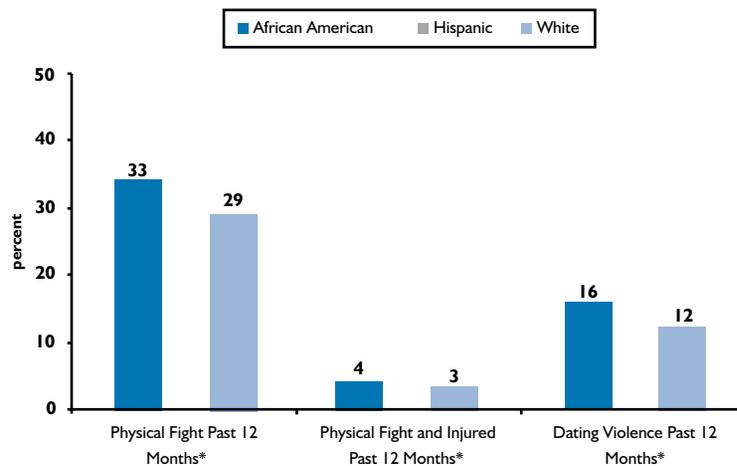
## Percent of high school students who:

- **Have been in one or more physical fights in the past 12 months – 31%**
  - Significantly more males than females have been in a physical fight in the past 12 months.
- **Have been in one or more physical fights resulting in a medically treated injury in the past 12 months– 3%**
  - Significantly more males than females have been in a fight in which they were hurt and had to be treated by a doctor or nurse in the past 12 months.
- **Were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past 12 months– 14%**
  - 12th grade students are significantly more likely to report dating violence than 9th grade students.

### Violent Behaviors by SEX

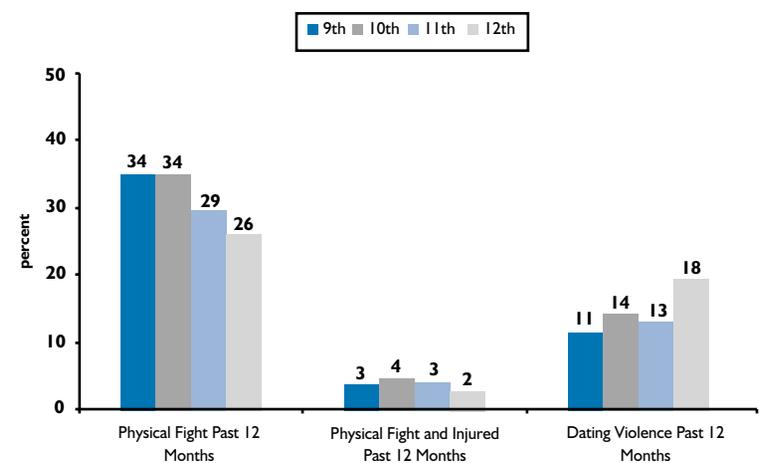


### Violent Behaviors by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Violent Behaviors by GRADE

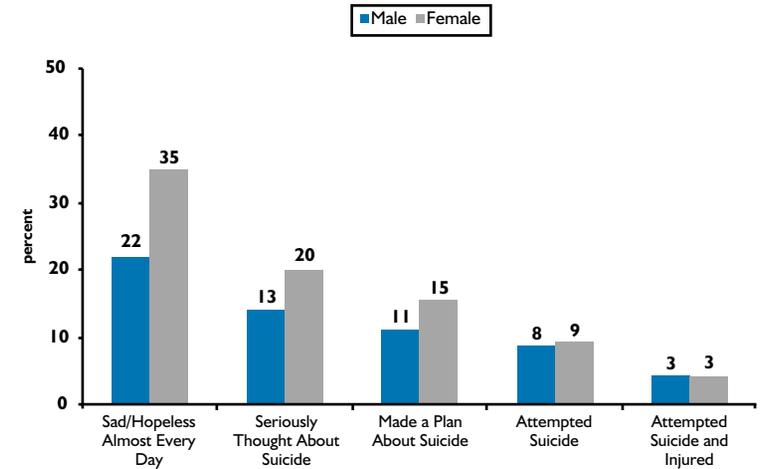


# Suicidal Ideation and Behaviors

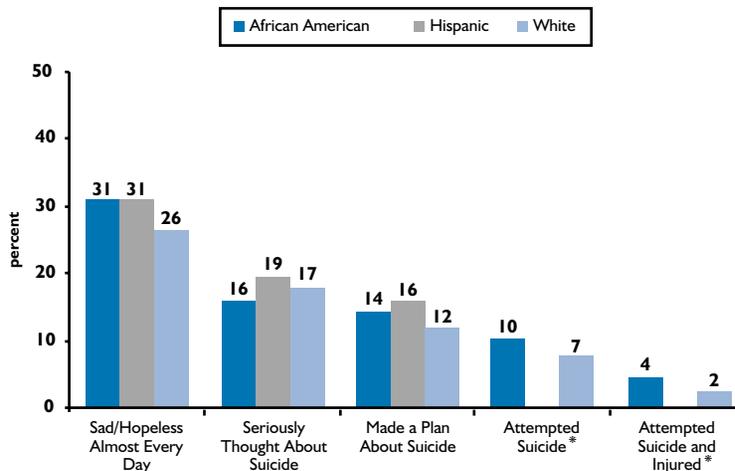
Percent of high school students who:

- **Ever felt so sad/hopeless every day for 2+ weeks they stopped usual activities – 29%**
  - Significantly more females than males have ever felt so sad/hopeless they stopped their usual activities.
- **Seriously thought about suicide in the past 12 months – 16%**
  - Significantly more females than males have seriously thought about suicide.
- **Made a plan for suicide in the past 12 months – 13%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Attempted suicide one or more times in the past 12 months – 9%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Attempted suicide in the past 12 months resulting in a medically-treated injury – 3%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.

Suicidal Ideation and Behaviors by SEX

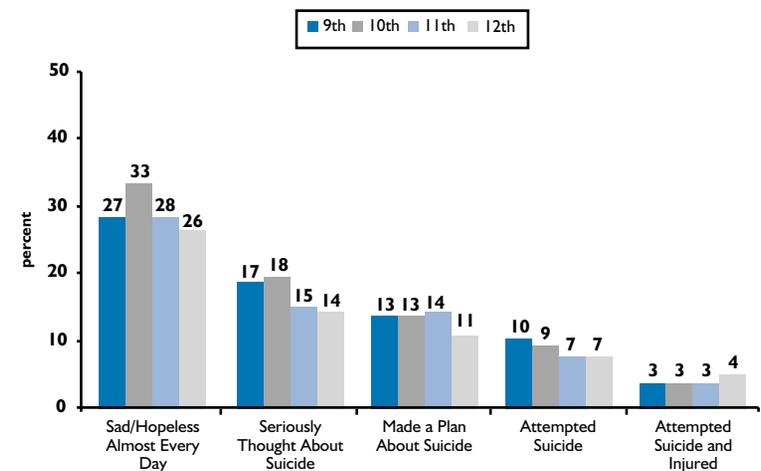


Suicidal Ideation and Behaviors by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

Suicidal Ideation and Behaviors by GRADE

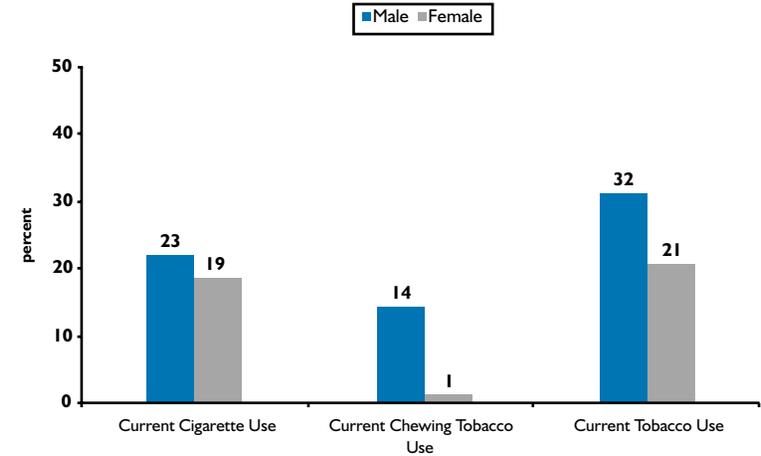


# Tobacco Use

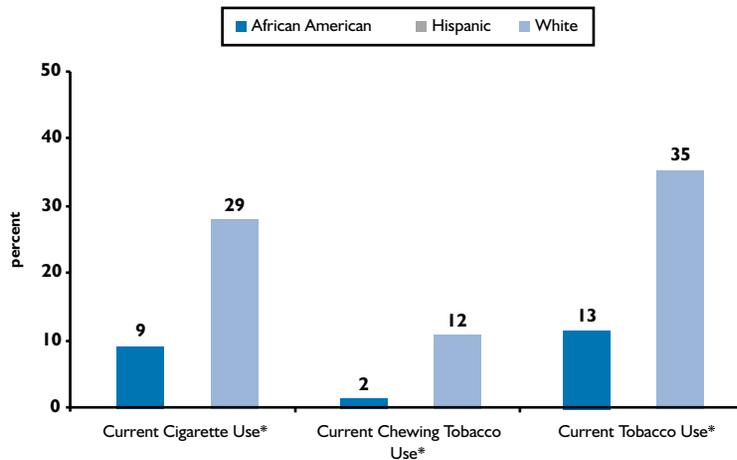
## Percent of high school students who:

- **Smoked cigarettes on one or more of the past 30 days – 21%**
  - Significantly more White students than African American students smoked cigarettes in the past 30 days.
- **Used chewing tobacco or snuff on one or more of the past 30 days – 8%**
  - Significantly more males than females have used chewing tobacco in the past 30 days.
  - Significantly more White students than African American students used chewing tobacco in the past 30 days.
- **Used any tobacco on one or more of the past 30 days – 26%**
  - Significantly more males than females have used tobacco in the past 30 days.
  - Significantly more White students than African American students have used tobacco in the past 30 days.

### Tobacco Use by SEX

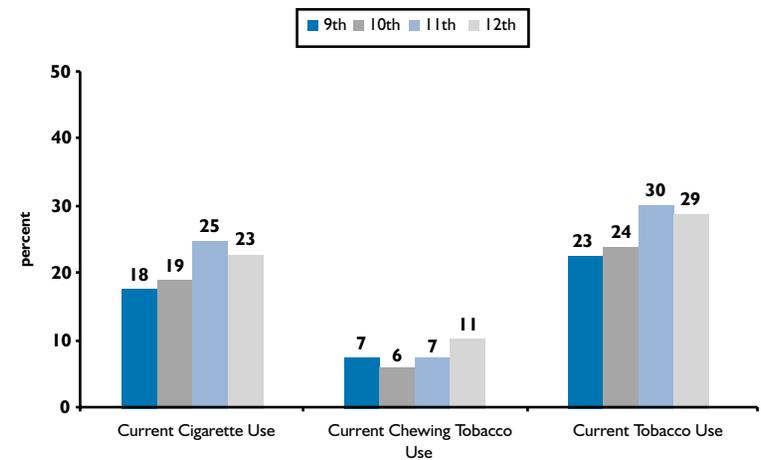


### Tobacco Use by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Tobacco Use by GRADE

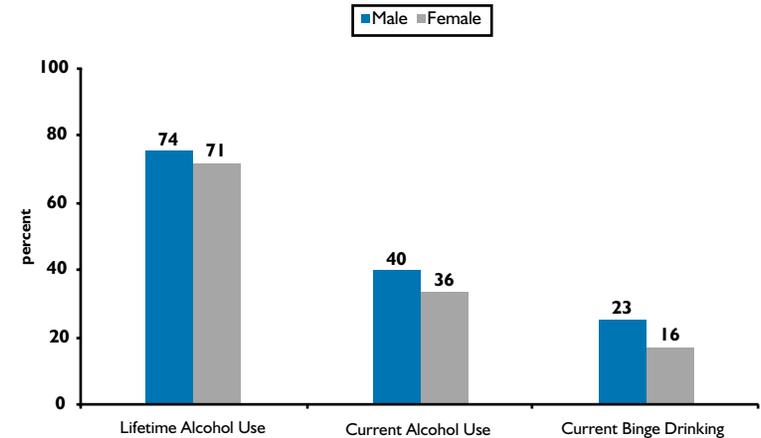


# Alcohol Use

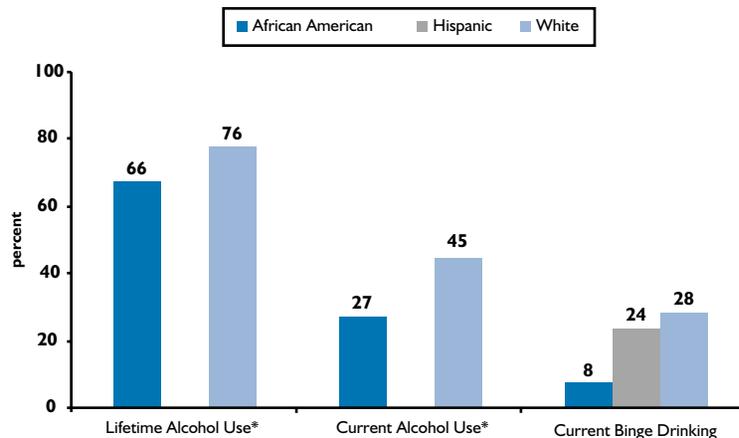
## Percent of high school students who:

- **Ever had at least one drink of alcohol during their life – 72%**
  - Significantly more White students than African American students have drunk alcohol in their lifetime.
  - Lifetime alcohol consumption increases significantly from 9th grade to 11th grade.
- **Had at least one drink of alcohol on one or more of the past 30 days – 38%**
  - Significantly more White students than African American students have drunk alcohol in the past 30 days.
  - Current alcohol consumption increases significantly from 9th grade to 12th grade.
- **Had five or more drinks of alcohol in a row (within a couple of hours) on one or more of the past 30 days – 20%**
  - Significantly more males than females have reported binge drinking (5+ drinks in a row) in the past 30 days.
  - Significantly more Hispanic and White students than African American students have reported binge drinking in the past 30 days.
  - Binge drinking increases significantly from 9th grade to 11th grade.

### Alcohol Use by SEX

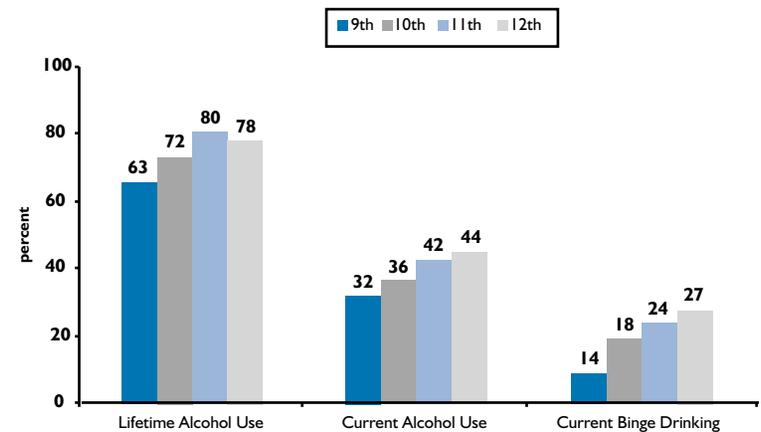


### Alcohol Use by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Alcohol Use by GRADE

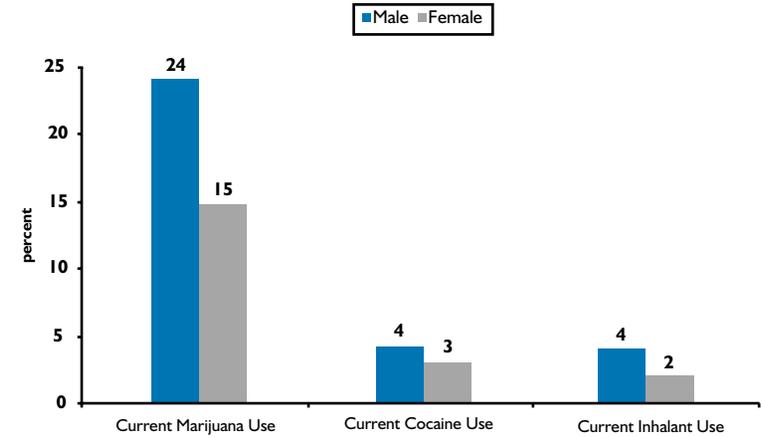


# Current Drug Use

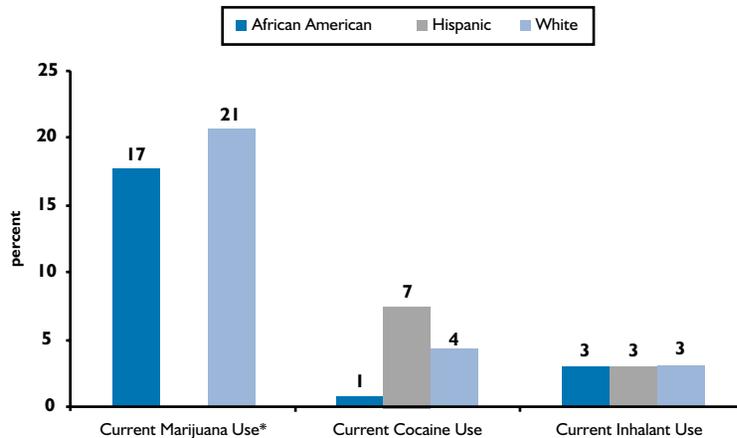
## Percent of high school students who:

- **Have used marijuana on one or more of the past 30 days – 20%**
  - Significantly more males than females have used marijuana in the past 30 days.
  - Current marijuana use increases significantly from 10th grade to 12th grade.
- **Have used cocaine on one or more of the past 30 days – 3%**
  - Significantly more Hispanic students than African American students have used cocaine in the past 30 days.
- **Have used inhalants on one or more of the past 30 days – 3%**
  - Current inhalant use is significantly higher in 9th grade than in 10th and 12th grades.

### Current Drug Use by SEX

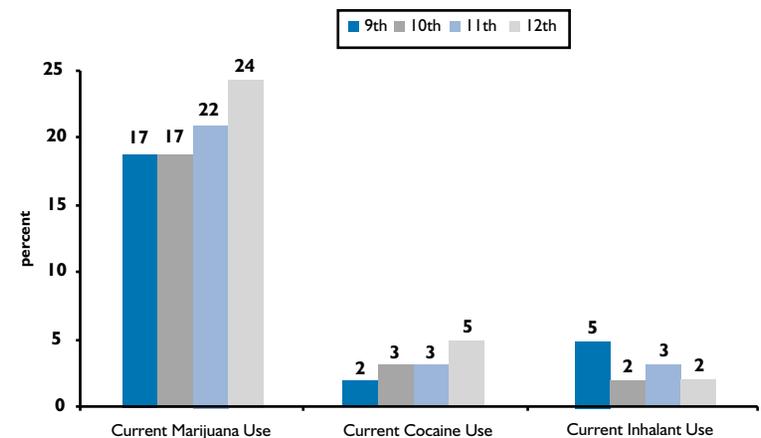


### Current Drug Use by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Current Drug Use by GRADE

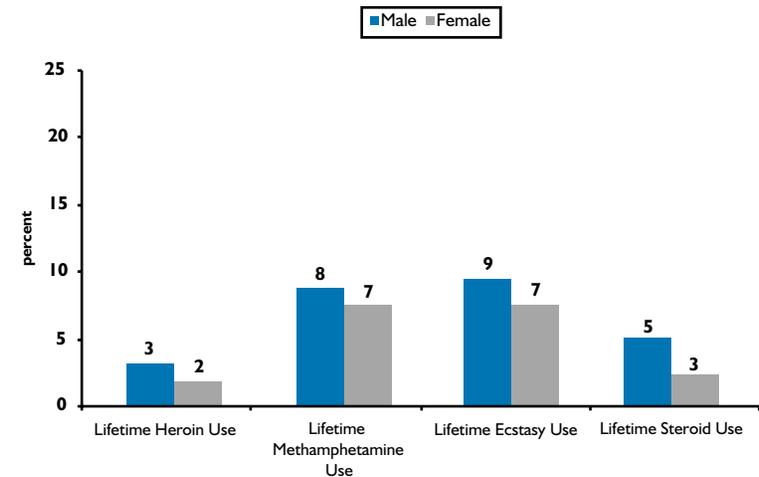


# Lifetime Drug Use

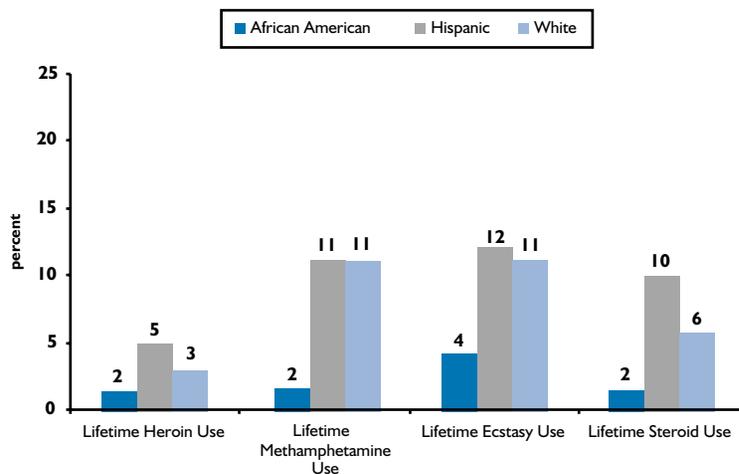
## Percent of high school students who:

- **Have ever used heroin one or more times in their life – 2%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Have ever used methamphetamines one or more times in their life – 8%**
  - More Hispanic and White students than African American students have used methamphetamines in their lifetimes.
- **Have ever used ecstasy one or more times in their life – 8%**
  - More White students than African American students have used ecstasy in their lifetimes.
- **Have ever used steroids one or more times in their life – 4%**
  - More Hispanic and White students than African American students have used steroids in their lifetimes.

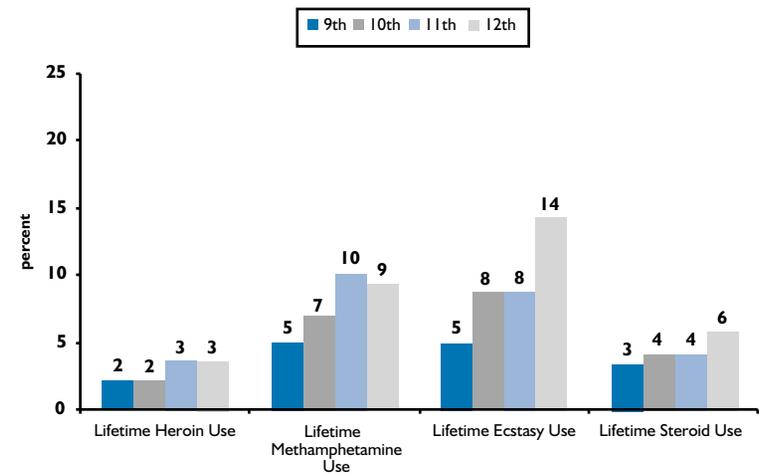
### Lifetime Drug Use by SEX



### Lifetime Drug Use by RACE/ETHNICITY



### Lifetime Drug Use by GRADE

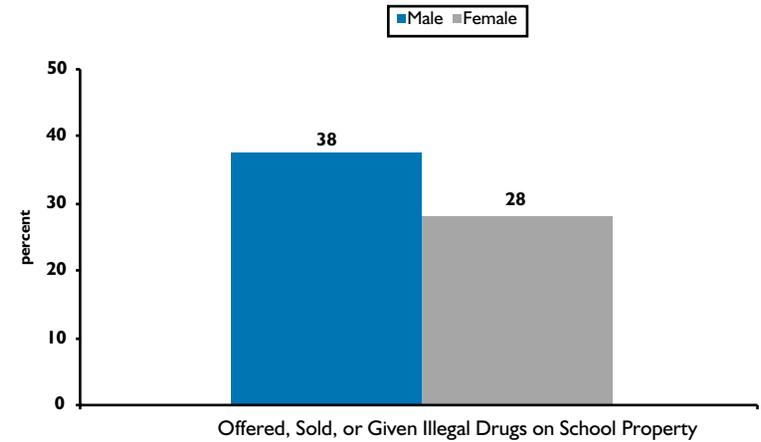


# Drug Transactions at School

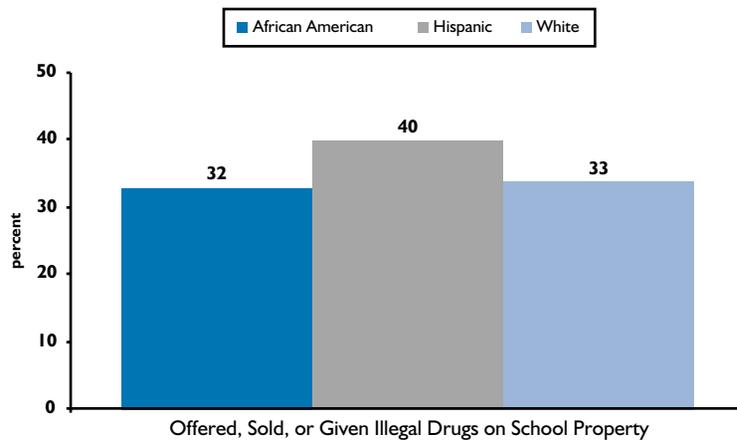
Percent of high school students who:

- **Were offered, sold, or given an illegal drug on school property in the past 12 months – 33%**
  - Significantly more males than females have been offered, sold, or given drugs on school property in the past 12 months.

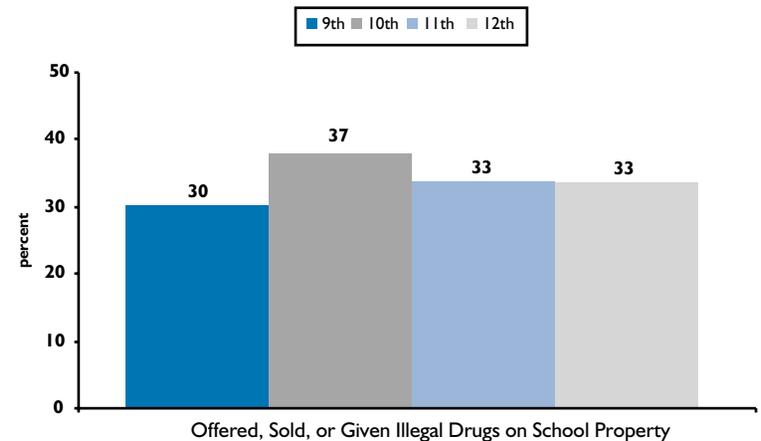
Drug Transactions at School by SEX



Drug Transactions at School by RACE/ETHNICITY



Drug Transactions at School by GRADE

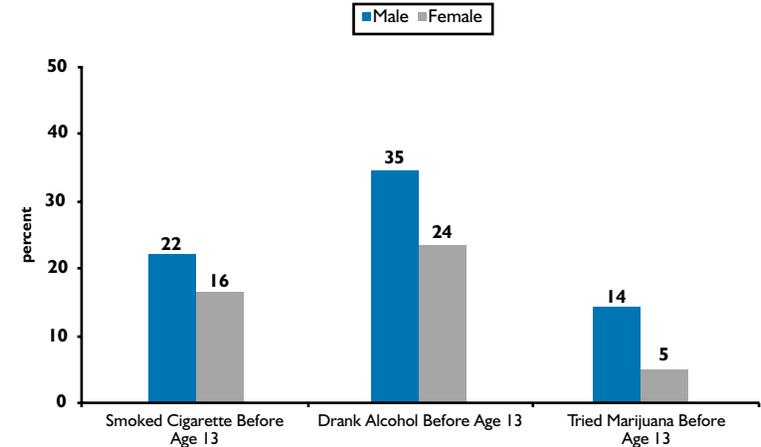


# Initiation of Smoking, Drinking, and Marijuana Use

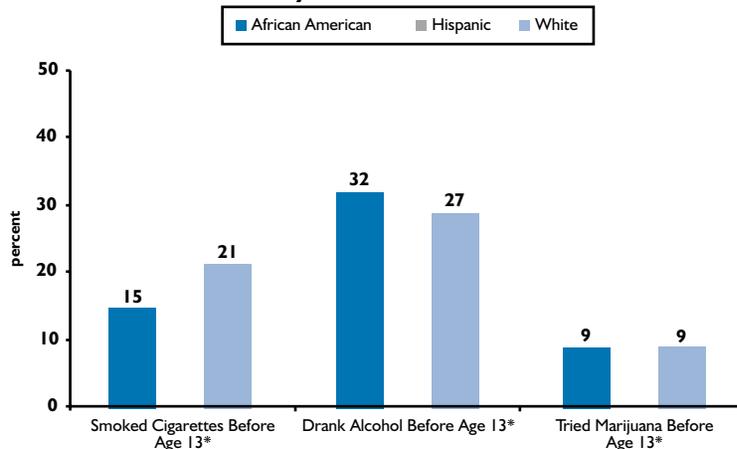
Percent of high school students who:

- **Smoked a whole cigarette for the first time before age 13 – 19%**
  - Significantly more males than females have smoked a whole cigarette before age 13.
  - Significantly more White students than African American students have smoked a whole cigarette before age 13.
- **Had their first drink of alcohol (other than a few sips) before age 13 – 30%**
  - Significantly more males than females have had their first drink of alcohol before age 13.
  - Significantly more 9th grade students than 11th or 12th grade students have had their first drink of alcohol before age 13.
- **Tried marijuana for the first time before age 13 – 9%**
  - Significantly more males than females have had tried marijuana for the first time before age 13.

Initiation of Smoking, Drinking, and Marijuana Use by SEX

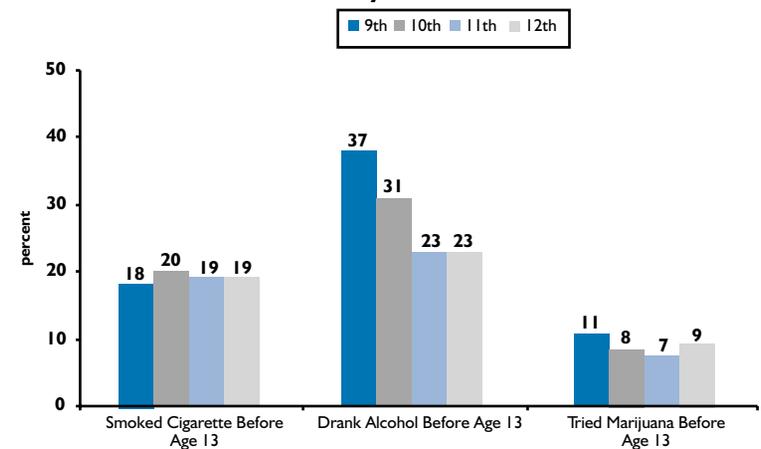


Initiation of Smoking, Drinking, and Marijuana Use by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

Initiation of Smoking, Drinking, and Marijuana Use by GRADE

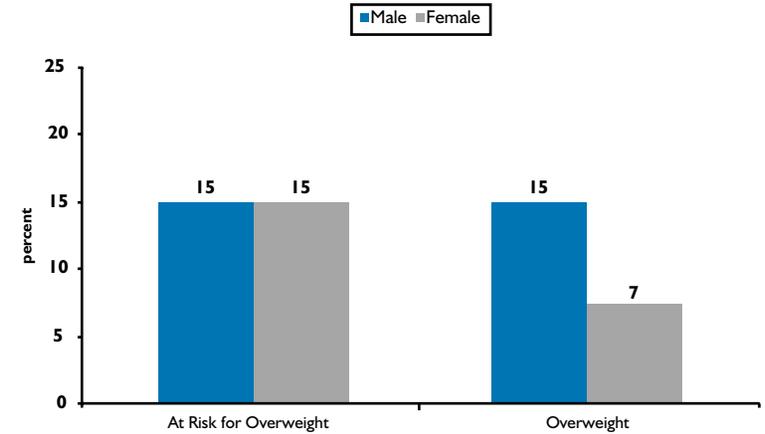


# Overweight

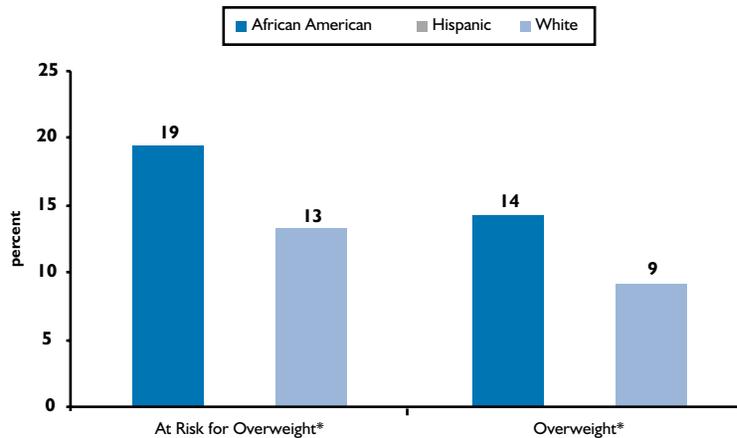
## Percent of high school students who:

- **Are at risk for becoming overweight – 15%**
  - African American students are at higher risk for becoming overweight than White students.
- **Are overweight – 11%**
  - Significantly more males than females are overweight.
  - Significantly more African American students than White students are overweight.

### Overweight by SEX

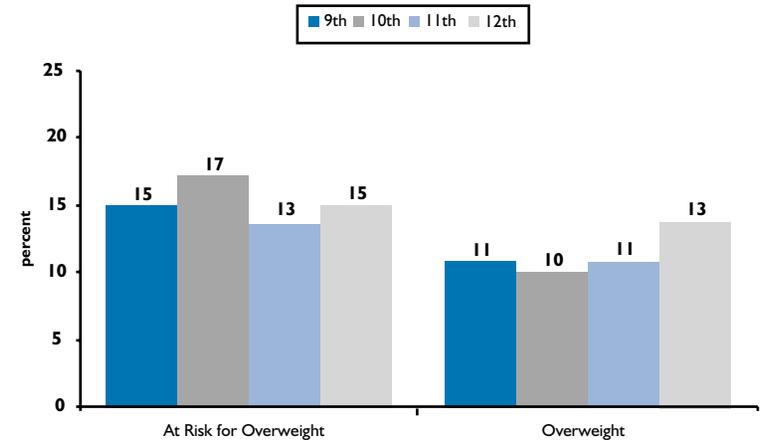


### Overweight by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Overweight by GRADE

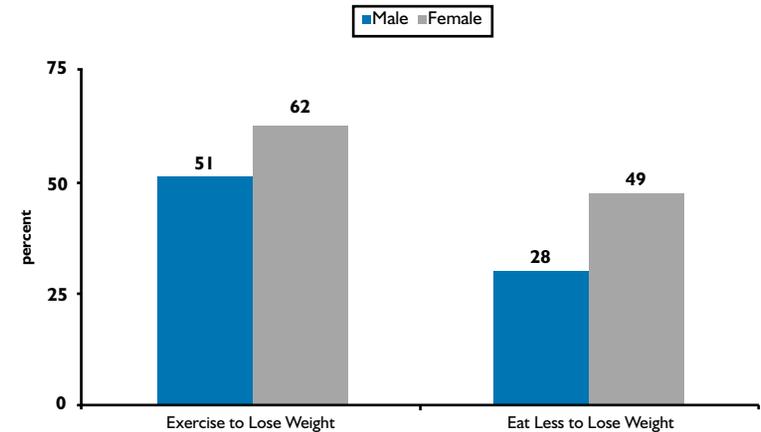


# Weight Loss Practices

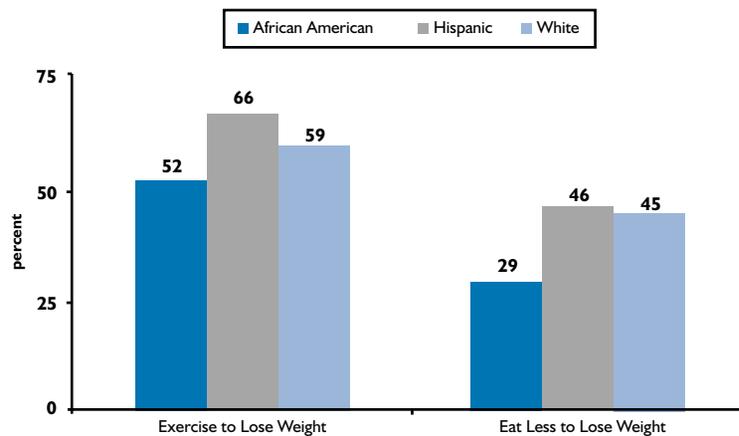
Percent of high school students who:

- **Exercised to lose weight or to keep from gaining weight during the past 30 days – 57%**
  - Significantly more females than males have exercised to lose or keep from gaining weight in the past 30 days.
  - Significantly more Hispanic and White students than African American students have exercised to lose or keep from gaining weight in the past 30 days.
- **Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days – 39%**
  - Females are significantly more likely than males to eat less to lose or keep from gaining weight.
  - Significantly more Hispanic and White students than African American students have eaten less to lose or keep from gaining weight.

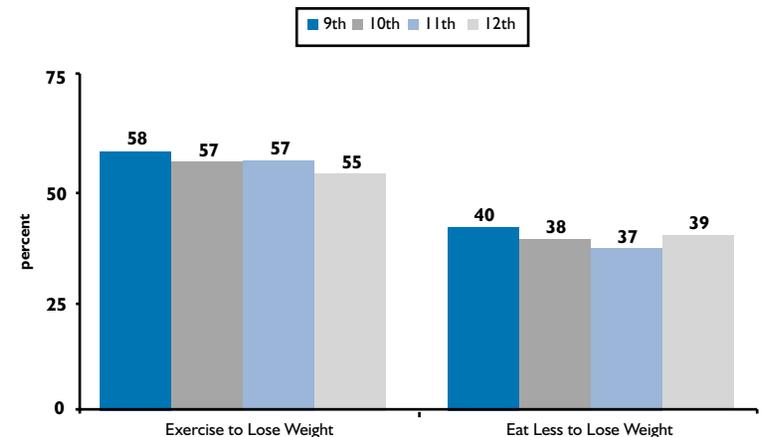
Weight Loss Practices by SEX



Weight Loss Practices by RACE/ETHNICITY



Weight Loss Practices by GRADE

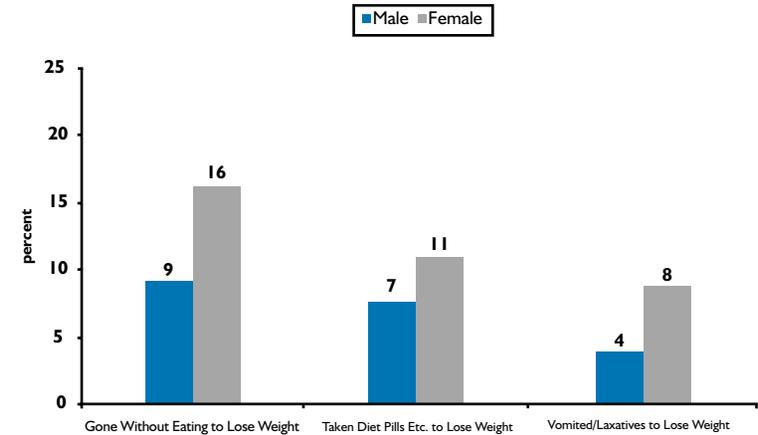


# Dietary Behaviors

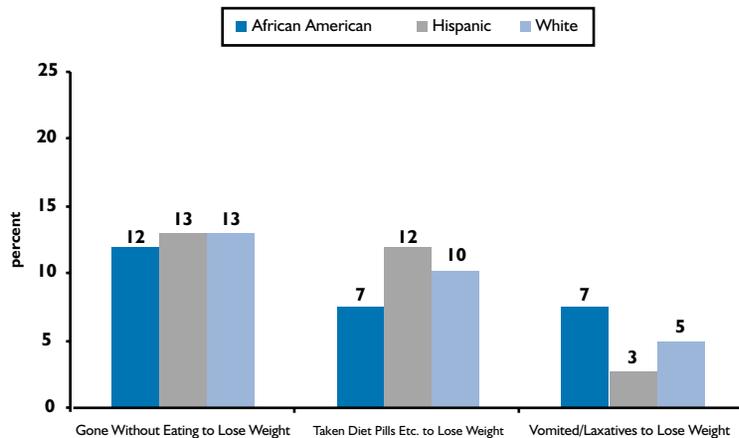
Percent of high school students who:

- **Went without eating 24 hour or more to lose weight in the past 30 days – 13%**
  - Females are significantly more likely than males to go without eating to lose weight.
- **Ever took diet pills, powders, or liquids without a doctor’s advice to lose weight in the past 30 days – 9%**
  - Females are significantly more likely than males to take diet pills, powders, or liquids to lose weight.
  - Significantly more White students than African American students take diet pills, powders, or liquids to lose weight.
- **Ever vomited or took laxatives to lose weight in the past 30 days – 6%**
  - Females are significantly more likely than males to vomit or use laxatives to lose weight.

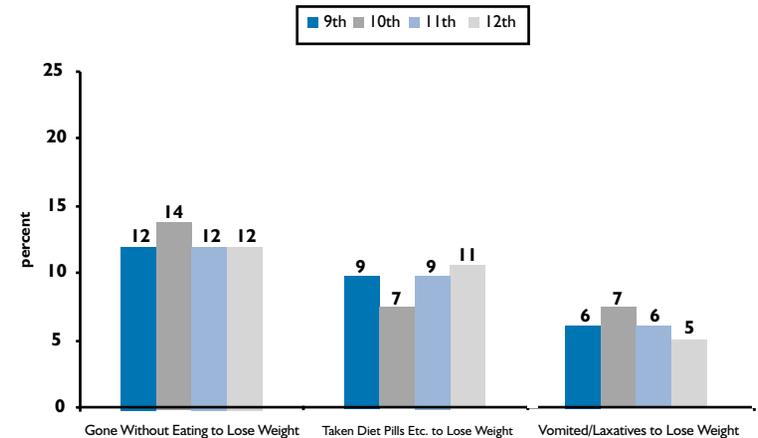
Dietary Behaviors by SEX



Dietary Behaviors by RACE/ETHNICITY



Dietary Behaviors by GRADE

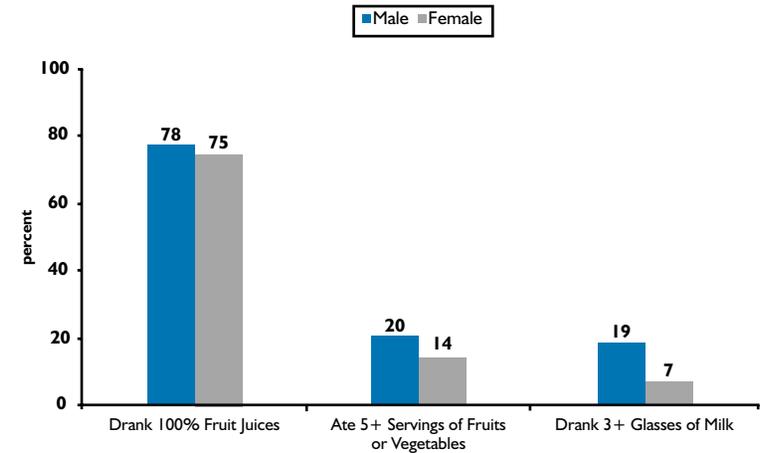


# Nutritional Behaviors

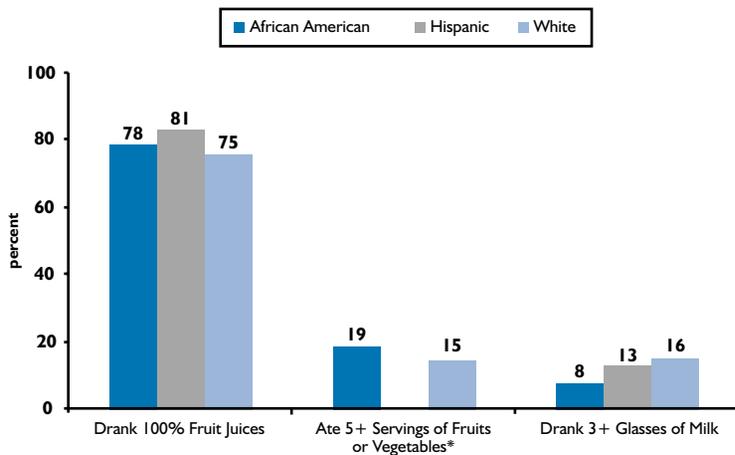
Percent of high school students who:

- **Drank 100% fruit juices one or more times in the past 7 days – 77%**
  - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Ate 5 or more servings of fruits and vegetables per day in the past 7 days – 17%**
  - Significantly more males than females have eaten 5 or more servings of fruits and vegetables in the past 7 days.
- **Drank 3 or more glasses of milk per day in the past 7 days – 13%**
  - Significantly more males than females have drunk 3 or more glasses of milk per day in the past 7 days.
  - Significantly more White students than African American students have drunk 3 or more glasses of milk per day in the past 7 days.

Nutritional Behaviors by SEX

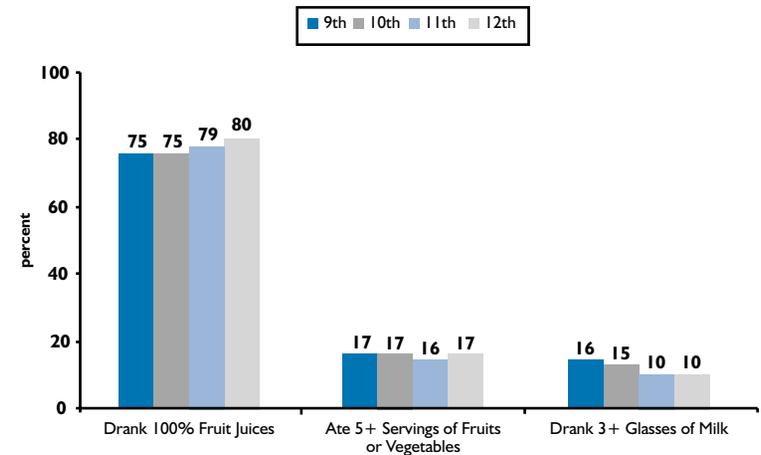


Nutritional Behaviors by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

Nutritional Behaviors by GRADE

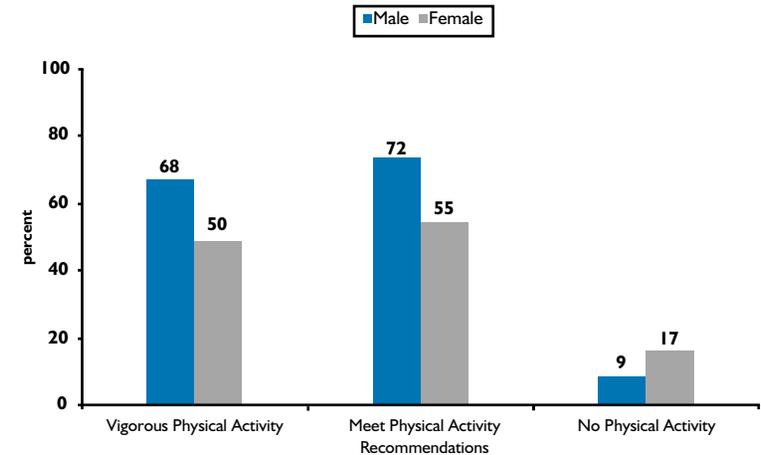


# Physical Activity

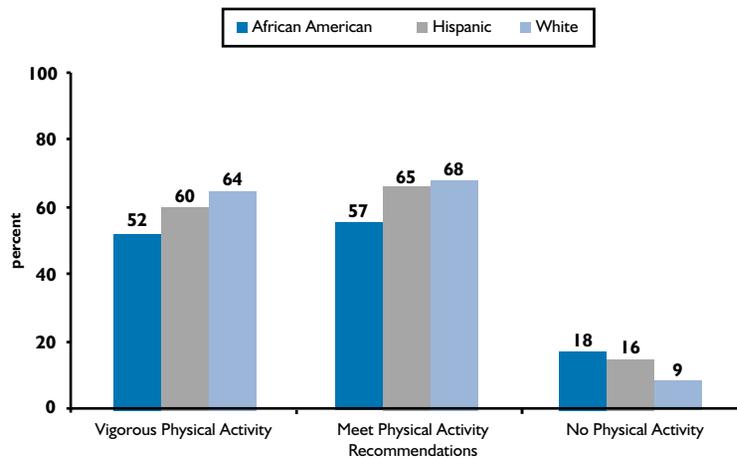
## Percent of high school students who:

- **Exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days – 59%**
  - Significantly more males than females exercised or participated in vigorous activity.
  - Participation in vigorous physical activity decreases significantly by 11th and 12th grades.
  - Significantly more white students than African American students exercised or participated in vigorous activity.
- **Meet current physical activity recommendations<sup>1</sup> – 63%**
  - Significantly more males than females met the current physical activity recommendations.
  - Meeting the current physical activity recommendations decreases from 9th grade to 11th and 12th grades.
  - More White students than African American students meet the current physical activity recommendations.
- **Participated in no vigorous or moderate physical activity in the past 7 days – 13%**
  - Significantly more females than males did not participate in any vigorous or moderate physical activity.
  - Significantly more African American students than White students did not participate in any vigorous or moderate physical activity.

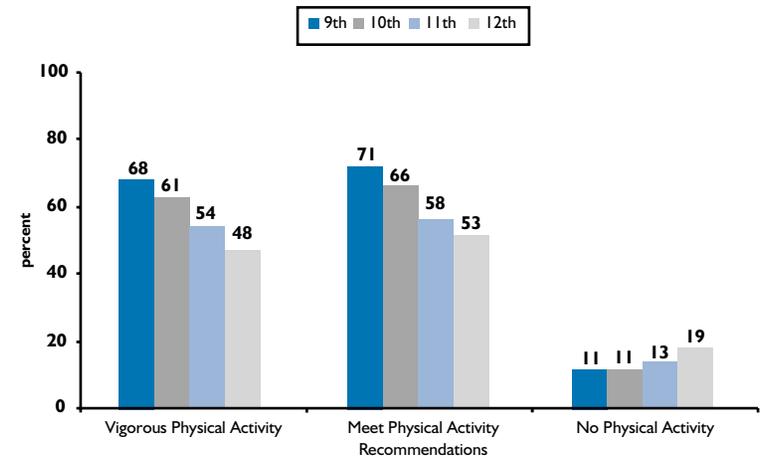
Physical Activity by SEX



Physical Activity by RACE/ETHNICITY



Physical Activity by GRADE



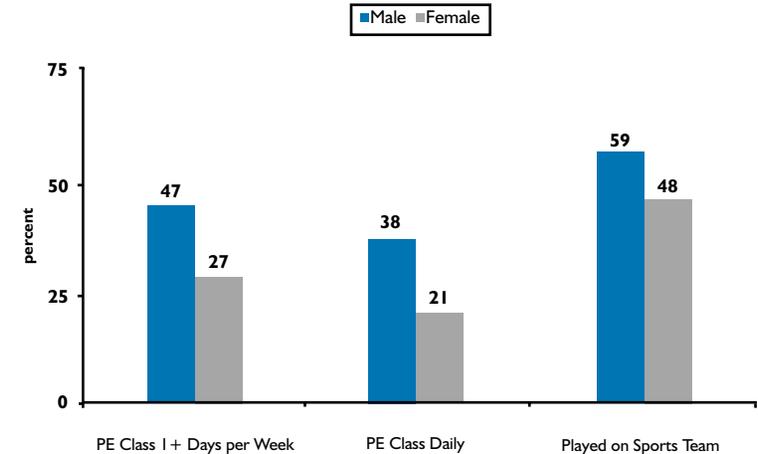
<sup>1</sup> Current physical activity recommendations are 30 minutes 5 days a week (moderate physical activity) or 20 minutes 3 days a week (vigorous physical activity).

# Physical Education

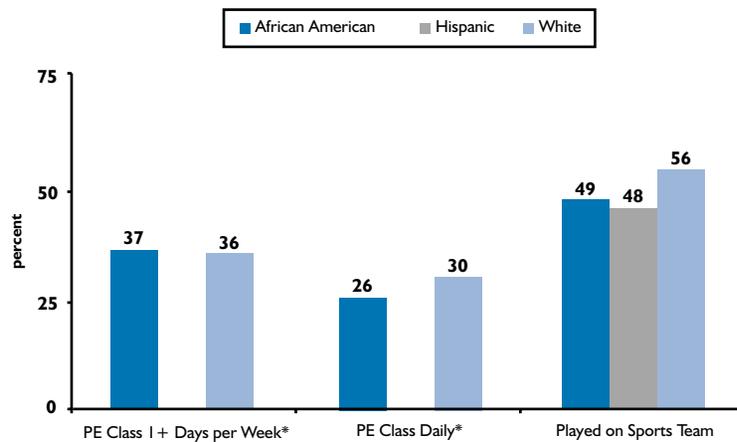
## Percent of high school students who:

- **Attend physical education class on one or more days during the week – 37%**
  - Significantly more males than females attended PE class one or more days during an average week.
  - Participation in PE class one or more days during an average week decreases significantly from 9th to 10th grade.
- **Attend physical education class daily – 29%**
  - Significantly more males than females attended PE classes daily.
  - Participation in daily PE classes decreases significantly from 9th to 10th grade.
- **Played on one or more sports teams past 12 months – 53%**
  - Significantly more males than females have played on one or more sports teams in the past 12 months.
  - Playing on one or more sports teams decreases significantly from 9th to 12th grade.

### Physical Education by SEX

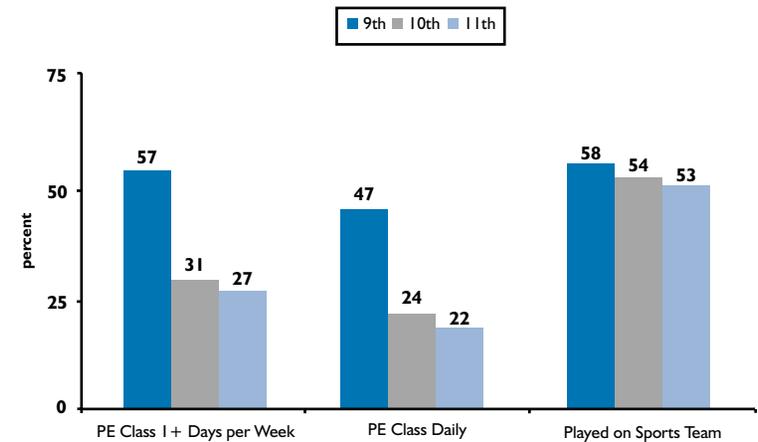


### Physical Education by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Physical Education by GRADE

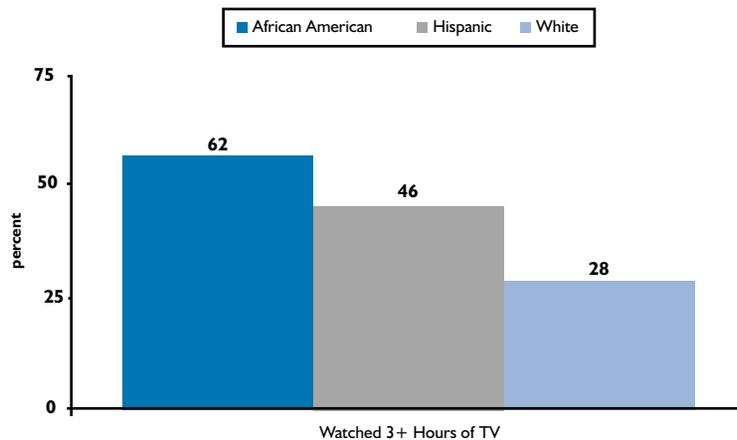


# TV Watching

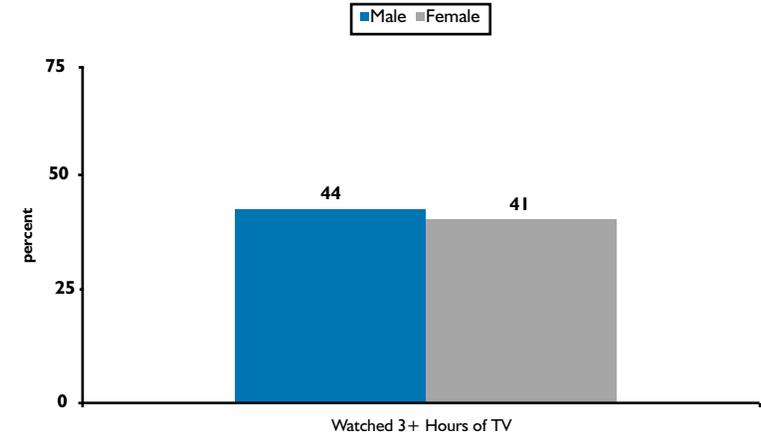
Percent of high school students who:

- **Watched 3 hours or more of TV per day on an average school day – 42%**
  - Significantly more African American students than Hispanic or White students watch 3+ hours of TV per day on an average school day.
  - Significantly more Hispanic students than White students watch 3+ hours of TV per day on an average school day.

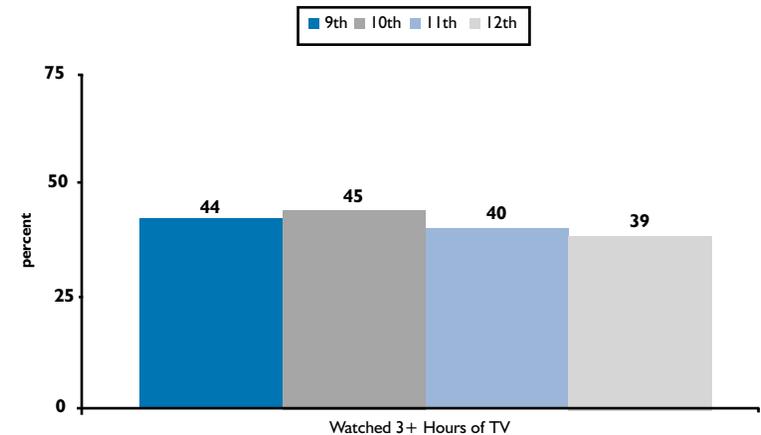
TV Watching by RACE/ETHNICITY



TV Watching by SEX



TV Watching by GRADE

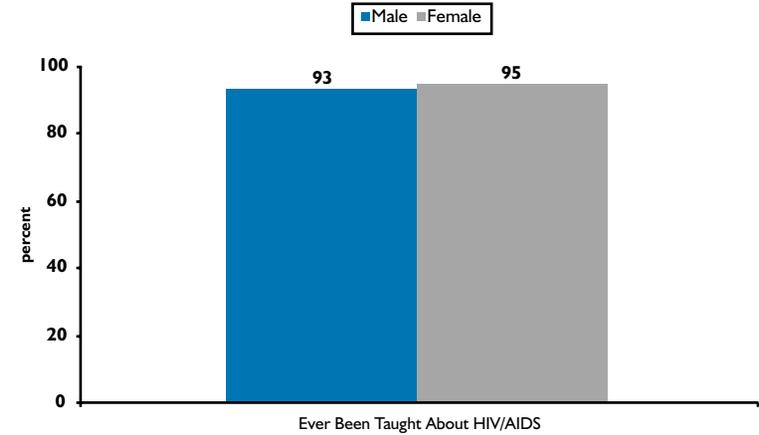


# HIV/AIDS Education

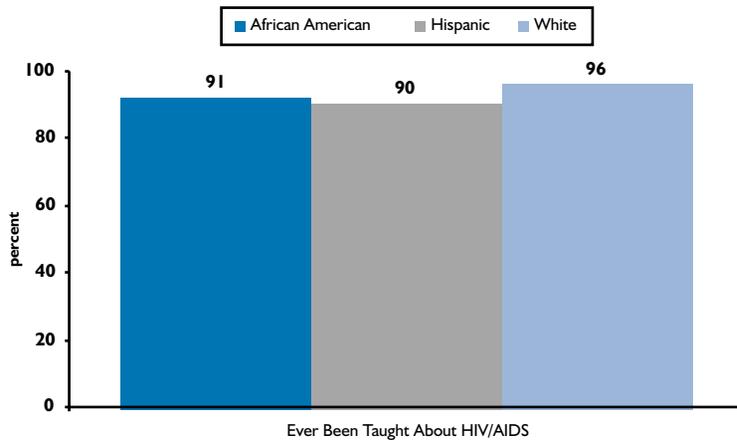
Percent of high school students who:

- **Have ever been taught about HIV or AIDS in school – 94%**
  - Significantly more White students than African American students have been taught about HIV/AIDS.
  - Significantly more 10th and 11th grade students than 12th grade students have been taught about HIV/AIDS.

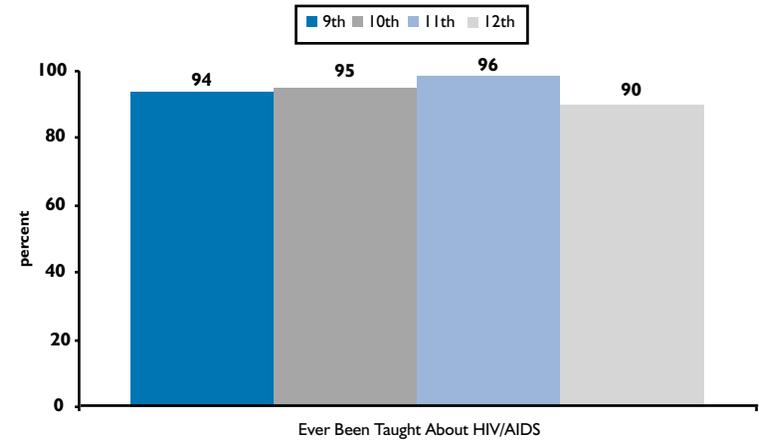
HIV/AIDS Education by SEX



HIV/AIDS Education by RACE/ETHNICITY



HIV/AIDS Education by GRADE

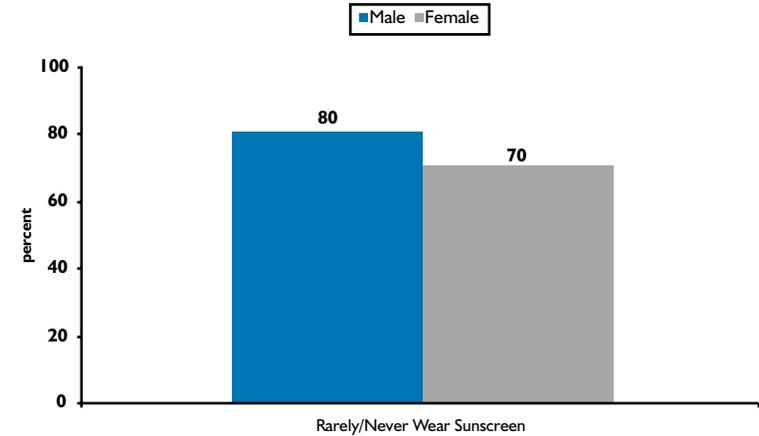


# Sun Protection

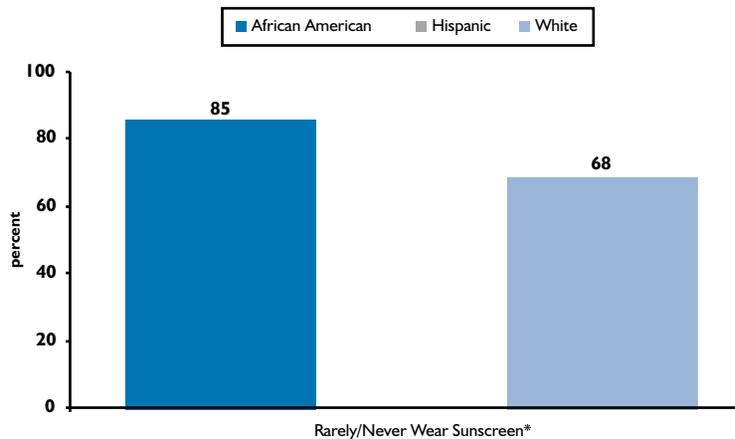
## Percent of high school students who:

- **Rarely or never wear sunscreen or sunblock with an SPF of 15 or higher when they are outside for more than one hour on a sunny day – 75%**
  - Significantly more males than females rarely or never wear sunscreen or sunblock when they are outside for more than 1 hour.
  - Significantly more African American students than White students never wear sunscreen or sunblock when they are outside for more than 1 hour.

### Sunscreen by SEX

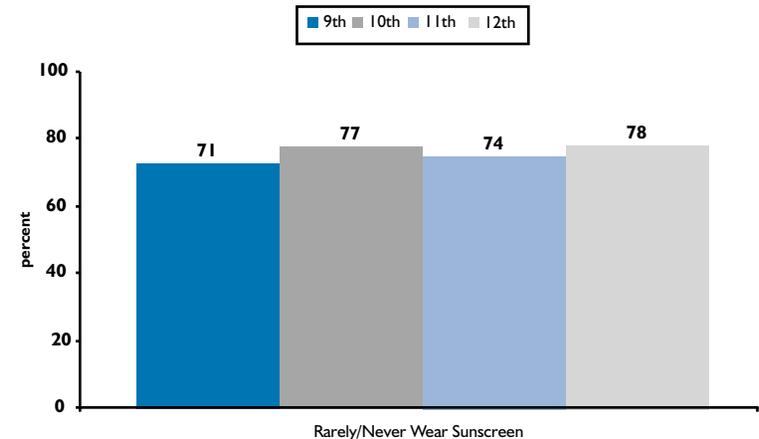


### Sunscreen by RACE/ETHNICITY



\*Percent not calculated for Hispanic because < 100 observations

### Sunscreen by GRADE



# Appendix A:

Table 1. Comparison of Selected Variables from the 2003 Georgia Student Health Survey and the 2001 National Youth Risk Behavior Survey (YRBS), High School

Variables	2003 GA Student Health Survey (%)	2001 National YRBS (%)
<b>Unintentional Injuries</b>		
Rarely/never wear a seat belt while riding in a car	9.4*	14.1
Rarely/never wear a seat belt while driving a car	12.3	§
Rarely/never wear a bicycle helmet	85.9	84.7
<b>Drinking and Driving</b>		
Rode in a car driven by a driver who had been drinking in the past 30 days	24.0*	30.7
Drove a car after drinking in the past 30 days	8.3*	13.3
<b>Violent Behaviors</b>		
Carried a weapon in the past 30 days	18.7	17.4
Carried a gun in the past 30 days	6.8	5.7
1+ physical fights in the past 12 months	31.4	33.2
1+ physical fights resulting in medically-treated injury in past 12 months	3.2	4.0
Intentionally physically hurt by boyfriend/girlfriend in the past 12 months	14.0*	9.5
<b>Suicidal Ideation and Behaviors</b>		
Ever felt sad/hopeless every day for 2+ weeks and stopped usual activities	28.5	28.3
Seriously thought about suicide in the past 12 months	16.4	19.0
Made a plan for suicide in the past 12 months	13.0	14.8
Attempted suicide 1+ times in the past 12 months	8.5	8.8
Attempted suicide resulting in injury in the past 12 months	3.0	2.6
<b>Tobacco Use</b>		
Smoked cigarettes on 1+ days in the past 30 days	20.9*	28.5
Used smokeless tobacco on 1+ days in the past 30 days	7.6	8.2
Used any form of tobacco on 1+ days in the past 30 days	26.1*	33.9
<b>Alcohol Use</b>		
Ever had at least one drink of alcohol in their life	72.2*	78.2
Had at least one drink of alcohol on 1+ days of the past 30 days	37.7*	47.1
Had 5+ drinks of alcohol in a row on 1+ days of the past 30 days	19.8*	29.9
<b>Lifetime Drug Use</b>		
Ever used heroin 1+ times in their life	2.4	3.1
Ever used methamphetamines 1+ times in their life	7.5	9.8
Ever used ecstasy 1+ times in their life	8.3	§
Ever used steroids 1+ times in their life	4.4	5.0
<b>Current Drug Use</b>		
Used marijuana 1+ days in the past 30 days	19.5*	23.9
Used cocaine 1+ days in the past 30 days	3.1	4.2
Used inhalants 1+ days in the past 30 days	3.1*	4.7
<b>Initiation of Risk Behaviors</b>		
Smoked a whole cigarettes before age 13	18.9	22.1
Drank alcohol before age 13	29.5	29.1
Tried marijuana before age 13	9.3	10.2

\* Statistically significant difference

§ Data not available

## Appendix A: (cont'd)

Table 1. Comparison of Selected Variables from the 2003 Georgia Student Health Survey and the 2001 National Youth Risk Behavior Survey (YRBS), High School

Variables	2003 GA Student Health Survey (%)	2001 National YRBS (%)
<b>Drug Transactions at School</b>		
Offered, sold, or given an illegal drug on school property in the past 12 months	33.3 *	28.5
<b>Overweight</b>		
At risk for becoming overweight	15.1	13.6
Are overweight	11.1	10.5
<b>Weight Loss Practices</b>		
Exercise to lose/keep from gaining weight in the past 30 days	56.6	59.9
Ate less food to lose/keep from gaining weight in past 30 days	38.6 *	43.8
<b>Dietary Behaviors</b>		
Went without eating 24+ hours to lose weight in the past 30 days	12.6	13.5
Took diet pills, powders, or liquids to lose weight in the past 30 days	8.7	9.2
Vomited or took laxatives to lose weight in the past 30 days	6.0	5.4
<b>Nutritional Behaviors</b>		
Drank 100% fruit juices 1+ times in the past 7 days	76.5	§
Ate 5+ servings of fruits and vegetables per day in the past 7 days	16.8 *	21.4
Drank 3+ glasses of milk per day in the past 7 days	13.0 *	16.4
<b>Physical Activity</b>		
Participated in physical activity at least 20 minutes 3+ days of the past 7 days	59.0 *	64.6
Met physical activity recommendations†	63.3 *	68.8
No vigorous or moderate physical activity in the past 7 days	12.8 *	9.5
<b>Physical Education</b>		
Attended physical education class 1+ days during the week	36.8	§
Attend physical education class daily	29.1	32.2
Played on 1+ sports teams past 12 months	53.1	55.2
<b>TV Watching</b>		
Watched 3+ hours of TV per day on an average school day	42.4	38.3
<b>HIV/AIDS Education</b>		
Ever been taught about HIV/AIDS in school	93.6 *	89.0
<b>Sun Protection</b>		
Rarely/never wear sunscreen with SPF 15 or higher when outside 1+ hours	74.8	§

\* Statistically significant difference

§ Data not available

† Current physical activity recommendations are 30 minutes 5 days a week (moderate physical activity) or 20 minutes 3 days a week (vigorous physical activity).

# Appendix B:

Table 2. National Health Objectives and Leading Health Indicators from Healthy People 2010\* measured by the Georgia Student Health Survey, 2003, High School

Objective No.	Objective	2010 Target (%)	Data from 2003 GA Student Health Survey (%)
3 – 9a	Increase the proportion of adolescents in grades 9 – 12 who follow protective measures that may reduce the risk of skin cancer.	None set†	25.2
15 – 19	Increase use of safety belts.	92	90.6
15 – 21	Increase the proportion of motorcyclists using helmets.	79	§
15 – 38	Reduce physical fighting among adolescents.	32	31.4
15 – 39	Reduce weapon carrying by adolescents on school property.	4.9	5.0
18 – 2	Reduce the rate of suicide attempts by adolescents.	1.0	8.5
22 – 6	Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on > 5 of the previous 7 days.	35	25.4
22 – 7	Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness > 3 days per week for > 20 minutes per occasion.	85	59.0
22 – 9	Increase the proportion of adolescents who participate in daily school physical education.	50	29.1
22 – 10	Increase the proportion of adolescents who spend at least 50% of school physical education class time being physically active.	50	31.0
22 – 11	Increase the proportion of adolescents who view television < 2 hours on a school day.	75	57.6
25 – 11	Increase the proportion of adolescents who abstain from sexual intercourse or use condoms, if currently sexually active.	95	§
26 – 6	Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol.	30	24.0
27 – 2	Reduce tobacco use by adolescents.		
27 – 2a	Reduce tobacco product use (past month).	21	26.1
27 – 2b	Reduce cigarette use (past month).	16	20.9
27 – 2c	Reduce spit tobacco use (past month).	1	7.6
27 – 2d	Reduce cigar use (past month).	8	13.9
27 – 7	Increase tobacco use cessation attempts by adolescent smokers.	84	59.4

\* US Department of Health and Human Services. With understanding and improving health and objectives for improving health. In: Healthy People 2010. (Conference ed, in 2 vols.). Washington, DC: US Department of Health and Human Services, 2000.

† Developmental objective: Health People 2010 target not set.

§ Data not collected in 2003.

## Appendix C: Methodology

The purpose of the Georgia Student Health Survey (GSHS) was to gather data on behaviors among youth related to the leading causes of mortality and morbidity.

### Questionnaire Development

Two self-administered, anonymous questionnaires were developed by the Georgia Division of Public Health for the GSHS. One questionnaire was developed for middle school students and contained 55 items. The other questionnaire was developed for high school students, and contained 94 items. Both questionnaires were modeled after the core Youth Risk Behavior Survey (YRBS), developed by the Centers for Disease Control and Prevention (CDC). Both questionnaires covered five topics from the YRBS: 1) behaviors that result in unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) dietary behaviors; and 5) physical activity. Additional questions about asthma, food allergies, and diabetes were added to both GSHS questionnaires. Additionally, the high school questionnaire asked about gambling. No questions about sexual behavior were included in either of the GSHS questionnaires.

### Sampling

#### *Sample Design*

A separate high school and middle school sample was selected, with an objective of having 95% confidence limits of approximately  $\pm 5\%$  around key variables. The sampling frame consisted of all regular public schools containing students enrolled in grades 6-8 for the middle schools and 9-12 for the high schools. A two-stage cluster sample design was used to produce a representative sample of middle school students in grades 6-8 and high school students in grades 9-12. The sampling program PC-Sample was used to draw both the high school and middle school samples.

#### *Sampling Procedures*

School Level - The first-stage sampling frame consisted of all public schools containing any of grades 6-8 for the middle schools and 9-12 for the high schools. Schools were selected with probability proportional to school enrollment size (PPS). Fifty (50) schools were sampled for middle school and 50 schools were sampled for high school.

Class Level - The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each middle school and high school that participated in the survey. All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame.

Student Level - All students in a selected class were eligible to participate in the survey. Student make-ups were also conducted.

## Appendix C: Methodology (cont'd)

### **Data Collection**

#### *Recruitment of Sampled Districts and Schools*

District and school recruitment began in late November. Tailored letters of invitation were sent out to the school districts, with copies sent to the district health directors. These letters were followed by phone calls directly to the Superintendent to answer questions and obtain permission to contact the school. School packets were included with the district invitation packet and the Superintendents were asked to forward these on to the principal after their approval was received. The recruitment process sometimes included the completion of special research proposals, attendance at board meetings and principal meetings, and other clearance procedures.

As soon as notification was received that a school packet had been sent to the principal, the principal was called, a contact person was assigned, classes selected, and a date for data collection was scheduled.

#### *Classroom-level Data Collection*

The GSHS was administered between February 18 and April 25 by 6 specially trained field staff. The data collectors were recruited from a variety of sources including local and state retired teacher's associations, local universities, and job banks. They completed an intensive training that included lectures, simulations, and group role plays and discussions. Detailed arrangements and survey schedules were set prior to each school visit.

## Appendix C: Methodology (cont'd)

### Weighting

For both the high school and middle school data, a weight variable was calculated for each student record to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

W1 = the inverse of the probability of selecting the school

W2 = the inverse of the probability of selecting the classroom within the school

f1 = a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools.

f2 = a student-level non-response adjustment factor calculated by class

f3 = a post stratification adjustment factor calculated by gender within grade and by race/ethnicity

Table I outlines the GSHS response rates.

**Table I - GSHS Response Rates**

	School			Student			Overall
	Selected	Participated	Response Rate (%)	Selected	Participated	Response Rate (%)	Response Rate (%)
Middle	50	48	96.0	2419	2195	90.7	87.1
High	50	48	96.0	2209	2066	93.5	89.8

### Statistical Significance

SUDAAN was used to compute 95% confidence intervals, which were used to determine the differences between subgroups at the  $p < 0.05$  level. Difference between prevalence estimates were considered statistically significant if the 95% confidence intervals did not overlap.

## Appendix D: Survey Questions<sup>1</sup>

How often do you wear a seat belt when riding in a car driven by someone else?

How often do you wear a seat belt when driving a car? *[asked only of high school students]*

When you ride a bicycle, how often do you wear a helmet? *[wording used with middle school students]*

When you rode a bicycle during the past 12 months, how often did you wear a helmet? *[wording used with high school students]*

When you rollerblade or ride a skateboard, how often do you wear a helmet? *[asked only of middle school students]*

Have you ever ridden in a car driven by someone who had been drinking alcohol? *[wording used with middle school students]*

During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? *[wording used with high school students]*

During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? *[asked only of high school students]*

Have you ever carried a weapon, such as a gun, knife, or club? *[wording used with middle school students]*

During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club? *[wording used with high school students]*

During the past 30 days, on how many days did you carry a gun? *[asked only of high school students]*

Have you ever been in a physical fight? *[wording used with middle school students]*

During the past 12 months, how many times were you in a physical fight? *[wording used with high school students]*

Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse? *[wording used with middle school students]*

During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?  
*[wording used with high school students]*

During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose? *[asked only of high school students]*

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?  
*[asked only of high school students]*

Have you ever seriously thought about killing yourself? *[wording used with middle school students]*

During the past 12 months, did you ever seriously consider attempting suicide? *[wording used with high school students]*

Have you ever made a plan about how you would kill yourself? *[wording used with middle school students]*

During the past 12 months, did you make a plan about how you would attempt suicide? *[wording used with high school students]*

Have you ever tried to kill yourself? *[wording used with middle school students]*

<sup>1</sup> Questions were identical for middle school and high school students, unless otherwise specified.

## Appendix D: Survey Questions (cont'd)

During the past 12 months, how many times did you actually attempt suicide? *[wording used with high school students]*

If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?  
*[asked only of high school students]*

During the past 30 days, on how many days did you smoke cigarettes?

During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?<sup>2</sup>

Have you ever had a drink of alcohol, other than a few sips? *[wording used with middle school students]*

During your life, on how many days have you had at least one drink of alcohol? *[wording used with high school students]*

During the past 30 days, on how many days have you had at least one drink of alcohol? *[asked only of high school students]*

During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? *[asked only of high school students]*

Have you ever used marijuana? *[wording used with middle school students]*

During your life, how many times have you used marijuana? *[wording used with high school students]*

Have you ever used any form of cocaine, including powder, crack, or freebase? *[wording used with middle school students]*

During your life, how many times have you used any form of cocaine, including powder, crack, or freebase? *[wording used with high school students]*

During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase? *[asked only of high school students]*

Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high? *[wording used with middle school students]*

During your life, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?  
*[wording used with high school students]*

During the past 30 days, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?  
*[asked only of high school students]*

During your life, how many times have you used heroin (also called smack, junk, or China White)? *[asked only of high school students]*

During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)? *[asked only of high school students]*

During your life, how many times have you used ecstasy (also called MDMA)? *[asked only of high school students]*

<sup>2</sup> Cigar use in the past 30 days is not presented in this report; however, current tobacco use is presented as a composite of students who have reported using cigarettes, smokeless tobacco, and/or cigars on one or more days in the past 30 days.

## Appendix D: Survey Questions (cont'd)

Have you ever used steroids? *[wording used with middle school students]*

During your life, how many times have you taken steroid pills or shots without a doctor's prescription? *[wording used with high school students]*

During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? *[asked only of high school students]*

How old were you when you smoked a whole cigarette for the first time?

How old were you when you had your first drink of alcohol other than a few sips?

How old were you when you tried marijuana for the first time? *[asked only of high school students]*

How tall are you without your shoes on?

How much do you weigh without your shoes on?

Have you ever exercised to lose weight or to keep from gaining weight? *[wording used with middle school students]*

During the past 30 days, did you exercise to lose weight or to keep from gaining weight? *[wording used with high school students]*

Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight? *[wording used with middle school students]*

During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight? *[wording used with high school students]*

Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight? *[wording used with middle school students]*

During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?  
*[wording used with high school students]*

Have you ever taken any diet pills, powders, or liquids without a doctor's advise to lose weight or to keep from gaining weight? (Do not include meal replacement products, such as Slim Fast.) *[wording used with middle school students]*

During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advise to lose weight or to keep from gaining weight? (Do not include meal replacement products, such as Slim Fast.) *[wording used with high school students]*

Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight? *[wording used with middle school students]*

During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight? *[wording used with high school students]*

During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.) *[asked only of high school students]*

During the past 7 days, how many times did you eat fruit? (Do not count fruit juices.) *[asked only of high school students]*

During the past 7 days, how many times did you eat green salad?<sup>3</sup> *[asked only of high school students]*

<sup>3</sup> Consumption of green salad, potatoes, carrots, and other vegetables are not presented individually in this report; however, consumption of vegetables is presented as a composite of these variables.

## Appendix D: Survey Questions (cont'd)

During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.) *[asked only of high school students]*

On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

On how many of the past 7 days did you exercise or participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping the floors? *[asked only of high school students]*

In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Do you play on any sports teams? (Include any teams run by your school or community groups.) *[wording used with middle school students]*

During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.) *[wording used with high school students]*

On an average school day, how many hours do you watch TV?

Have you ever been taught about AIDS or HIV infection in school?

How often do you wear sunscreen or sun block with an SPF of 15 or higher when you are outside for more than one hour on a sunny day?

# Appendix E: Detailed Tables for Middle School and High School Students—2003 Georgia Student Health Survey

Table 1. Unintentional Injuries by Sex, Grade and Race/Ethnicity, Middle School and High School

Unintentional Injuries	Never/Rarely Seat Belt Riding in Car % (95% CI)	Never/Rarely Seat Belt Driving Car % (95% CI)	Never/Rarely Bicycle Helmet % (95% CI)	Never/Rarely Helmet While Skateboarding/Rollerblading % (95% CI)	Rode with Drunk Driver* % (95% CI)	Drove After Drinking Past 30 Days % (95% CI)
<b>Middle School</b>	<b>9.3 (±1.7)</b>	<b>N/A</b>	<b>74.5 (±4.2)</b>	<b>71.7 (±3.7)</b>	<b>34.0 (±2.9)</b>	<b>N/A</b>
Male	11.9 (±2.5)	N/A	77.4 (±4.6)	70.8 (±4.7)	34.0 (±3.8)	N/A
Female	6.6 (±1.7)	N/A	71.1 (±4.2)	72.4 (±3.8)	34.0 (±3.3)	N/A
6th	7.1 (±1.7)	N/A	71.7 (±5.8)	67.2 (±5.4)	26.7 (±4.1)	N/A
7th	7.9 (±2.5)	N/A	72.0 (±7.5)	71.2 (±6.5)	33.8 (±4.0)	N/A
8th	12.6 (±3.7)	N/A	80.4 (±7.4)	77.8 (±8.0)	41.7 (±4.2)	N/A
African American	11.9 (±2.7)	N/A	86.9 (±3.3)	82.8 (±4.0)	37.9 (±4.4)	N/A
Hispanic	10.8 (±7.6)	N/A	-	-	23.0 (±11.1)	N/A
White	7.2 (±1.7)	N/A	66.3 (±5.0)	66.2 (±4.6)	32.8 (±3.4)	N/A
<b>High School</b>	<b>9.4 (±1.6)</b>	<b>12.3 (±2.2)</b>	<b>85.9 (±2.5)</b>	<b>N/A</b>	<b>24.0 (±2.9)</b>	<b>8.3 (±2.4)</b>
Male	11.6 (±2.6)	14.4 (±3.4)	87.5 (±3.2)	N/A	24.4 (±3.4)	10.4 (±2.4)
Female	7.1 (±1.6)	10.2 (±2.1)	83.6 (±3.2)	N/A	23.5 (±3.7)	6.3 (±2.7)
9th	7.7 (±2.7)	15.6 (±3.3)	81.0 (±5.4)	N/A	22.4 (±4.2)	4.3 (±1.5)
10th	10.1 (±3.4)	10.7 (±4.1)	88.4 (±3.1)	N/A	24.7 (±5.4)	7.8 (±2.7)
11th	9.1 (±3.9)	7.3 (±4.3)	90.9 (±4.1)	N/A	23.4 (±5.0)	9.4 (±4.3)
12th	10.7 (±4.3)	13.7 (±4.7)	88.1 (±6.4)	N/A	25.5 (±6.6)	13.5 (±4.6)
African American	8.9 (±1.9)	12.0 (±2.2)	92.8 (±3.3)	N/A	23.2 (±3.2)	4.4 (±1.9)
Hispanic	11.0 (±6.5)	17.7 (±7.1)	-	N/A	29.3 (±9.6)	-
White	9.0 (±2.5)	11.7 (±2.8)	81.1 (±3.6)	N/A	23.6 (±3.5)	10.7 (±3.2)

\* Rode in vehicle driven by someone who had been drinking alcohol—ever in lifetime (middle school); 1+ times in the past 30 days (high school)

- = Fewer than 100 observations

## Appendix E (cont'd)

Table 2. Violent Behaviors by Sex, Grade and Race/Ethnicity, Middle School and High School

Violent Behaviors	Carried a Weapon* % (95% CI)	Carried a Gun % (95% CI)	Physical Fight** % (95% CI)	Physical Fight with Injury** % (95% CI)	Dating Violence % (95% CI)
<b>Middle School</b>	<b>35.1 (±3.3)</b>	<b>N/A</b>	<b>61.0 (±3.7)</b>	<b>7.2 (±1.0)</b>	<b>N/A</b>
Male	52.7 (±5.0)	N/A	75.0 (±3.7)	9.8 (±1.9)	N/A
Female	16.6 (±2.4)	N/A	46.2 (±5.0)	4.5 (±1.1)	N/A
6th	31.0 (±5.7)	N/A	56.1 (±5.7)	6.9 (±1.9)	N/A
7th	33.2 (±4.8)	N/A	61.8 (±5.1)	7.3 (±2.1)	N/A
8th	40.8 (±4.4)	N/A	65.1 (±5.1)	7.2 (±2.3)	N/A
African American	26.2 (±4.5)	N/A	70.2 (±4.0)	6.9 (±1.9)	N/A
Hispanic	26.7 (±12.7)	N/A	55.0 (±10.6)	9.4 (±5.8)	N/A
White	42.9 (±4.0)	N/A	54.6 (±4.9)	7.1 (±1.5)	N/A
<b>High School</b>	<b>18.7 (±2.3)</b>	<b>6.8 (±1.6)</b>	<b>31.4 (±2.4)</b>	<b>3.2 (±0.7)</b>	<b>14.0 (±1.6)</b>
Male	31.4 (±4.2)	11.3 (±2.5)	40.3 (±3.6)	4.8 (±1.3)	14.2 (±2.6)
Female	6.2 (±1.6)	2.2 (±0.9)	22.4 (±3.3)	1.6 (±0.8)	13.8 (±1.6)
9th	20.5 (±3.7)	7.3 (±2.5)	33.6 (±4.9)	3.0 (±1.3)	11.2 (±3.4)
10th	18.7 (±4.6)	6.6 (±2.6)	34.1 (±3.7)	3.6 (±1.9)	14.4 (±2.7)
11th	17.0 (±4.2)	5.0 (±2.6)	28.8 (±5.1)	3.2 (±1.5)	13.3 (±3.5)
12th	17.4 (±3.6)	7.4 (±3.0)	26.3 (±5.5)	2.4 (±1.7)	18.3 (±3.1)
African American	13.2 (±3.7)	6.5 (±2.5)	33.3 (±4.3)	3.7 (±1.3)	16.0 (±3.1)
Hispanic	-	-	-	-	-
White	22.0 (±2.4)	6.7 (±1.6)	29.4 (±3.2)	2.5 (±1.0)	12.0 (±2.3)

\* Carried a weapon such as a gun, knife, or club—ever in lifetime (middle school); 1+ times in the past 30 days (high school)

\*\* In physical fight 1+ times—ever in lifetime (middle school); in the past 12 months (high school)

- = Fewer than 100 observations

# Appendix E (cont'd)

Table 3. Suicidal Ideation and Behavior by Sex, Grade and Race/Ethnicity, Middle School and High School

Suicidal Ideation and Behavior	Sad/Hopeless Every Day for 2+ Weeks % (95% CI)	Considered Suicide* % (95% CI)	Made Suicide Plan** % (95% CI)	Attempted Suicide*** % (95% CI)	Attempted Suicide Resulted in Injury in Past 12 Months % (95% CI)
<b>Middle School</b>	<b>N/A</b>	<b>19.5 (±2.1)</b>	<b>13.4 (±2.1)</b>	<b>8.3 (±1.8)</b>	<b>N/A</b>
Male	N/A	15.8 (±2.4)	11.5 (±2.3)	6.5 (±2.4)	N/A
Female	N/A	23.5 (±3.2)	15.5 (±3.0)	10.2 (±2.2)	N/A
6th	N/A	17.2 (±2.9)	11.8 (±2.3)	7.2 (±2.0)	N/A
7th	N/A	18.4 (±2.6)	11.8 (±2.8)	7.5 (±2.5)	N/A
8th	N/A	22.7 (±3.7)	16.8 (±3.9)	10.3 (±3.3)	N/A
African American	N/A	19.3 (±3.4)	14.2 (±2.9)	9.3 (±2.5)	N/A
Hispanic	N/A	14.3 (±7.4)	11.5 (±6.4)	11.4 (±7.1)	N/A
White	N/A	19.7 (±2.6)	12.8 (±2.4)	7.1 (±1.9)	N/A
<b>High School</b>	<b>28.5 (±2.3)</b>	<b>16.4 (±1.7)</b>	<b>13.0 (±1.9)</b>	<b>8.5 (±1.0)</b>	<b>3.0 (±0.6)</b>
Male	22.1 (±2.9)	13.1 (±2.2)	11.4 (±2.1)	8.2 (±1.7)	3.0 (±1.3)
Female	35.0 (±2.8)	19.8 (±2.8)	14.5 (±2.6)	8.7 (±1.9)	3.0 (±1.1)
9th	26.6 (±3.2)	16.8 (±2.1)	13.2 (±3.0)	9.8 (±2.0)	2.7 (±1.4)
10th	32.5 (±5.0)	18.2 (±3.5)	12.7 (±3.4)	8.9 (±2.8)	3.1 (±1.6)
11th	28.0 (±3.3)	15.2 (±4.7)	13.9 (±3.8)	6.5 (±1.9)	2.5 (±1.3)
12th	26.2 (±4.1)	14.2 (±3.9)	11.2 (±3.9)	7.4 (±3.2)	3.6 (±1.7)
African American	30.9 (±3.2)	15.7 (±3.1)	13.9 (±2.9)	10.0 (±2.6)	4.1 (±1.2)
Hispanic	31.3 (±8.3)	18.5 (±5.3)	15.7 (±6.7)	-	-
White	26.4 (±2.8)	16.7 (±2.7)	12.2 (±2.8)	7.4 (±1.5)	2.4 (±0.8)

\* Considered suicide—ever in lifetime (middle school); in the past 12 months (high school)  
 \*\* Made suicide plan—ever in lifetime (middle school); in the past 12 months (high school)  
 \*\*\* Attempted suicide—ever in lifetime (middle school); in the past 12 months (high school)  
 - = Fewer than 100 observations

# Appendix E (cont'd)

Table 4. Tobacco Use by Sex, Grade and Race/Ethnicity, Middle School and High School

Tobacco Use	Current Cigarette Use* % (95% CI)	Current Smokeless Tobacco Use** % (95% CI)	Current Tobacco Use*** % (95% CI)
<b>Middle School</b>	<b>9.4 (±2.0)</b>	<b>4.7 (±1.2)</b>	<b>12.1 (±2.2)</b>
Male	10.5 (±2.5)	7.5 (±2.0)	14.5 (±2.9)
Female	8.4 (±2.3)	1.7 (±0.7)	9.6 (±2.5)
6th	4.5 (±1.5)	4.6 (±2.0)	7.9 (±2.6)
7th	9.5 (±2.5)	3.9 (±1.6)	12.0 (±2.9)
8th	14.3 (±3.9)	5.0 (±2.3)	16.4 (±3.8)
African American	6.8 (±2.9)	2.9 (±1.7)	8.4 (±3.0)
Hispanic	10.7 (±7.5)	5.7 (±5.2)	11.1 (±8.2)
White	11.5 (±3.0)	5.6 (±1.4)	15.1 (±3.0)
<b>High School</b>	<b>20.9 (±2.5)</b>	<b>7.6 (±1.5)</b>	<b>26.1 (±3.0)</b>
Male	23.2 (±3.1)	13.9 (±2.9)	31.7 (±3.9)
Female	18.7 (±3.6)	1.3 (±0.7)	20.6 (±3.5)
9th	17.9 (±3.1)	6.6 (±1.5)	23.0 (±3.2)
10th	18.6 (±4.1)	6.2 (±2.8)	24.4 (±4.9)
11th	25.2 (±5.4)	7.1 (±3.8)	29.6 (±6.5)
12th	23.4 (±6.0)	10.7 (±3.3)	28.9 (±6.9)
African American	8.9 (±2.7)	1.9 (±1.2)	12.6 (±3.1)
Hispanic	-	-	-
White	28.5 (±2.8)	11.5 (±2.6)	34.8 (±3.6)

\* Smoked cigarettes on 1+ days in the past 30 days

\*\* Used smokeless tobacco on 1+ days in the past 30 days

\*\*\* Used any tobacco product on 1+ days in the past 30 days

- = Fewer than 100 observations

# Appendix E (cont'd)

Table 5. Alcohol Use by Sex, Grade and Race/Ethnicity, Middle School and High School

Alcohol Use	Lifetime Alcohol Use* % (95% CI)	Current Alcohol Use** % (95% CI)	Current Binge Drinking*** % (95% CI)
<b>Middle School</b>	<b>34.1 (±4.0)</b>	<b>N/A</b>	<b>N/A</b>
Male	36.8 (±4.8)	N/A	N/A
Female	31.3 (±4.6)	N/A	N/A
6th	23.9 (±3.7)	N/A	N/A
7th	32.8 (±5.6)	N/A	N/A
8th	45.7 (±5.0)	N/A	N/A
African American	37.3 (±5.4)	N/A	N/A
Hispanic	-	N/A	N/A
White	32.2 (±5.0)	N/A	N/A
<b>High School</b>	<b>72.2 (±2.4)</b>	<b>37.7 (±2.8)</b>	<b>19.8 (±2.7)</b>
Male	73.5 (±3.5)	39.5 (±3.9)	23.2 (±3.6)
Female	70.9 (±3.4)	36.0 (±3.9)	16.4 (±3.2)
9th	63.1 (±3.7)	32.3 (±3.2)	14.2 (±2.1)
10th	72.0 (±5.8)	36.4 (±4.1)	17.7 (±4.2)
11th	80.0 (±3.5)	41.8 (±6.6)	23.7 (±4.9)
12th	78.2 (±4.5)	43.6 (±5.6)	26.7 (±7.0)
African American	66.0 (±2.9)	26.9 (±3.0)	8.2 (±2.3)
Hispanic	-	-	23.5 (±7.5)
White	76.3 (±3.8)	44.6 (±3.1)	27.5 (±3.0)

\* At least one drink of alcohol on 1+ days during their life

\*\* Had at least one drink of alcohol on 1+ days in the past 30 days

\*\*\* Had 5+ drinks of alcohol in a row within a couple of hours on 1+ days in the past 30 days

- = Fewer than 100 observations

# Appendix E (cont'd)

Table 6. Drug Use by Sex, Grade and Race/Ethnicity, Middle School and High School

Drug Use	Marijuana Use* % (95% CI)	Cocaine Use** % (95% CI)	Inhalant Use*** % (95% CI)
<b>Middle School</b>	<b>11.0 (±2.6)</b>	<b>N/A</b>	<b>13.0 (±2.3)</b>
Male	14.2 (±3.4)	N/A	14.4 (±2.1)
Female	7.7 (±2.3)	N/A	11.5 (±3.4)
6th	5.4 (±1.6)	N/A	12.0 (±2.6)
7th	9.0 (±2.8)	N/A	11.8 (±3.0)
8th	19.0 (±4.6)	N/A	15.0 (±4.0)
African American	12.3 (±3.4)	N/A	11.7 (±2.2)
Hispanic	12.4 (±6.2)	N/A	15.8 (±7.8)
White	10.3 (±3.1)	N/A	13.6 (±3.4)
<b>High School</b>	<b>19.5 (±1.9)</b>	<b>3.1 (±1.2)</b>	<b>3.1 (±0.8)</b>
Male	23.7 (±2.7)	3.7 (±1.4)	3.9 (±1.1)
Female	15.4 (±2.8)	2.5 (±1.7)	2.3 (±0.8)
9th	17.1 (±2.7)	1.9 (±1.1)	5.0 (±1.8)
10th	17.1 (±2.1)	2.7 (±1.4)	1.7 (±1.0)
11th	21.9 (±4.7)	3.1 (±2.8)	2.5 (±1.5)
12th	23.6 (±4.1)	5.2 (±2.9)	1.9 (±1.2)
African American	17.3 (±2.4)	1.4 (±0.9)	2.6 (±1.2)
Hispanic	-	7.0 (±4.6)	3.2 (±3.4)
White	21.0 (±2.7)	4.0 (±2.0)	3.1 (±0.9)

\* Used marijuana—ever in lifetime (middle school); 1+ times in the past 30 days (high school)

\*\* Used cocaine on 1+ days in the past 30 days

\*\*\* Used inhalants—ever in lifetime (middle school); 1+ times in the past 30 days (high school)

- = Fewer than 100 observations

# Appendix E (cont'd)

Table 7. Lifetime Drug Use by Sex, Grade and Race/Ethnicity, Middle School and High School

Lifetime Drug Use	Heroin Use % (95% CI)	Methamphetamine Use % (95% CI)	Ecstasy Use % (95% CI)	Steroid Use % (95% CI)	Offered/Sold Illegal Drug on School Property % (95% CI)
<b>Middle School</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>3.7 (±0.8)</b>	<b>N/A</b>
Male	N/A	N/A	N/A	4.6 (±1.3)	N/A
Female	N/A	N/A	N/A	2.8 (±1.0)	N/A
6th	N/A	N/A	N/A	4.6 (±1.5)	N/A
7th	N/A	N/A	N/A	3.1 (±1.4)	N/A
8th	N/A	N/A	N/A	3.2 (±1.3)	N/A
African American	N/A	N/A	N/A	3.2 (±1.1)	N/A
Hispanic	N/A	N/A	N/A	3.4 (±4.1)	N/A
White	N/A	N/A	N/A	4.2 (±1.0)	N/A
<b>High School</b>	<b>2.4 (±0.7)</b>	<b>7.5 (±1.6)</b>	<b>8.3 (±1.7)</b>	<b>4.4 (±1.0)</b>	<b>33.3 (±2.0)</b>
Male	2.7 (±0.8)	8.2 (±2.1)	9.3 (±1.6)	5.4 (±1.4)	38.4 (±3.2)
Female	2.2 (±1.2)	6.9 (±2.2)	7.3 (±2.6)	3.4 (±1.1)	28.3 (±3.0)
9th	1.5 (±0.8)	5.4 (±2.5)	5.2 (±1.9)	3.1 (±1.2)	30.3 (±3.2)
10th	2.2 (±1.4)	7.3 (±2.2)	7.9 (±2.4)	4.3 (±1.4)	36.7 (±4.2)
11th	2.7 (±1.2)	9.7 (±4.0)	8.0 (±3.8)	4.2 (±1.8)	33.4 (±4.4)
12th	3.3 (±2.1)	8.6 (±2.7)	13.7 (±4.7)	6.3 (±3.0)	33.1 (±5.5)
African American	1.8 (±0.9)	2.0 (±1.1)	4.2 (±1.7)	2.1 (±0.9)	31.9 (±3.5)
Hispanic	4.9 (±4.8)	10.6 (±6.5)	12.0 (±6.8)	10.1 (±5.3)	40.2 (±11.0)
White	2.7 (±1.2)	11.2 (±2.7)	10.7 (±2.5)	5.6 (±1.6)	32.9 (±2.1)

\* Used marijuana—ever in lifetime (middle school); 1+ times in the past 30 days (high school)

\*\* Used cocaine on 1+ days in the past 30 days

\*\*\* Used inhalants—ever in lifetime (middle school); 1+ times in the past 30 days (high school)

- = Fewer than 100 observations

## Appendix E (cont'd)

Table 8. Age of Initiation of Risk Behaviors by Sex, Grade and Race/Ethnicity, Middle School and High School

Age of Initiation*	Initiation of Cigarette Smoking % (95% CI)	Initiation of Alcohol Use % (95% CI)	Initiation of Marijuana Use % (95% CI)
<b>Middle School</b>	<b>7.3 (±1.8)</b>	<b>14.7 (±2.3)</b>	<b>N/A</b>
Male	8.7 (±2.2)	16.9 (±2.9)	N/A
Female	5.8 (±1.8)	12.3 (±3.0)	N/A
6th	5.4 (±1.4)	13.8 (±2.4)	N/A
7th	8.7 (±2.9)	14.3 (±3.9)	N/A
8th	7.9 (±3.3)	15.5 (±3.2)	N/A
African American	7.1 (±2.8)	18.5 (±3.3)	N/A
Hispanic	1.6 (±2.2)	-	N/A
White	8.3 (±2.4)	12.4 (±2.3)	N/A
<b>High School</b>	<b>18.9 (±2.5)</b>	<b>29.5 (±3.3)</b>	<b>9.3 (±1.4)</b>
Male	22.2 (±3.0)	34.5 (±4.0)	13.6 (±2.2)
Female	15.6 (±2.7)	24.4 (±3.7)	4.9 (±1.3)
9th	18.4 (±3.3)	37.3 (±5.9)	11.4 (±3.1)
10th	19.6 (±3.4)	30.8 (±4.7)	8.3 (±2.4)
11th	18.8 (±5.8)	22.8 (±4.4)	7.1 (±2.2)
12th	18.5 (±4.9)	22.9 (±4.8)	8.9 (±3.5)
African American	14.5 (±3.0)	31.7 (±4.6)	9.4 (±2.4)
Hispanic	-	-	-
White	21.4 (±3.7)	27.2 (±4.6)	9.0 (±2.1)

\* Percent of middle school students who initiated risk behaviors before age 11; percent of high school students who initiated risk behaviors before age 13

- = Fewer than 100 observations

# Appendix E (cont'd)

**Table 9. Dietary Behaviors by Sex, Grade and Race/Ethnicity, Middle School and High School**

Dietary Behaviors	At-Risk for Becoming Overweight % (95% CI)	Overweight % (95% CI)	Exercised to Lose Weight* % (95% CI)	Ate Less to Lose Weight** % (95% CI)	Gone Without Eating to Lose Weight*** % (95% CI)	Taken Diet Pills, Etc. to Lose Weight**** % (95% CI)	Vomited/Used Laxatives to Lose Weight***** % (95% CI)	Drank 100% Fruit Juices % (95% CI)	Ate 5+ Servings of Fruits/Vegetables % (95% CI)	Drank 3+ Glasses of Milk % (95% CI)
<b>Middle School</b>	<b>19.0 (±2.0)</b>	<b>14.1 (±2.0)</b>	<b>68.0 (±1.9)</b>	<b>43.7 (±2.9)</b>	<b>17.1 (±2.1)</b>	<b>6.7 (±1.5)</b>	<b>6.7 (±1.2)</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
Male	20.4 (±2.9)	16.0 (±2.5)	61.5 (±3.1)	32.7 (±3.3)	11.8 (±2.1)	5.3 (±1.8)	4.7 (±1.3)	N/A	N/A	N/A
Female	17.6 (±3.2)	12.0 (±2.3)	74.8 (±3.0)	55.3 (±3.9)	22.7 (±2.5)	8.2 (±2.1)	8.9 (±2.3)	N/A	N/A	N/A
6th	20.7 (±5.4)	18.9 (±4.3)	68.4 (±3.3)	44.5 (±3.8)	15.4 (±3.4)	4.4 (±1.5)	6.2 (±1.9)	N/A	N/A	N/A
7th	17.6 (±3.5)	12.1 (±3.5)	65.9 (±3.8)	43.4 (±3.2)	17.1 (±3.4)	5.5 (±1.3)	5.2 (±1.6)	N/A	N/A	N/A
8th	19.3 (±2.6)	12.8 (±2.3)	69.8 (±4.4)	43.6 (±6.3)	19.1 (±3.5)	10.5 (±3.3)	8.4 (±2.1)	N/A	N/A	N/A
African American	21.8 (±3.4)	18.0 (±3.0)	65.2 (±3.0)	38.3 (±3.8)	15.8 (±3.1)	5.0 (±1.7)	6.1 (±2.0)	N/A	N/A	N/A
Hispanic	-	-	74.3 (±10.2)	45.0 (±10.8)	13.2 (±7.2)	10.9 (±8.4)	8.7 (±5.1)	N/A	N/A	N/A
White	16.5 (±2.4)	11.5 (±2.1)	69.4 (±3.1)	48.1 (±2.7)	18.7 (±2.4)	7.8 (±1.9)	6.8 (±1.5)	N/A	N/A	N/A
<b>High School</b>	<b>15.1 (±1.9)</b>	<b>11.1 (±1.6)</b>	<b>56.6 (±2.1)</b>	<b>38.6 (±2.6)</b>	<b>12.6 (±1.6)</b>	<b>8.7 (±1.4)</b>	<b>6.0 (±1.1)</b>	<b>76.5 (±2.7)</b>	<b>16.8 (±1.7)</b>	<b>13.0 (±2.0)</b>
Male	15.0 (±2.4)	15.4 (±2.7)	51.0 (±3.6)	27.9 (±2.7)	9.2 (±2.0)	6.7 (±1.8)	4.4 (±1.4)	78.1 (±2.6)	20.0 (±2.4)	19.1 (±3.4)
Female	15.1 (±2.7)	6.6 (±1.9)	62.2 (±3.3)	49.3 (±4.2)	16.0 (±1.9)	10.7 (±2.1)	7.6 (±1.7)	74.8 (±3.5)	13.7 (±1.9)	6.9 (±1.3)
9th	15.0 (±2.9)	11.0 (±3.0)	57.8 (±3.3)	39.7 (±4.0)	12.0 (±2.6)	8.7 (±1.7)	6.2 (±2.0)	74.6 (±4.5)	17.1 (±3.4)	15.5 (±3.3)
10th	17.2 (±3.9)	10.3 (±2.3)	56.6 (±3.0)	38.2 (±3.9)	14.3 (±2.9)	6.6 (±2.6)	6.6 (±2.1)	74.9 (±4.9)	17.3 (±4.3)	14.9 (±3.2)
11th	12.9 (±3.2)	10.7 (±2.7)	56.7 (±5.1)	37.2 (±5.7)	11.7 (±3.4)	9.3 (±3.3)	5.7 (±1.8)	78.5 (±4.0)	15.9 (±3.2)	9.9 (±2.9)
12th	14.8 (±4.2)	12.7 (±3.2)	55.4 (±4.1)	39.2 (±5.9)	12.1 (±2.8)	10.6 (±3.0)	4.8 (±2.5)	79.8 (±4.2)	16.9 (±3.1)	9.9 (±3.0)
African American	18.6 (±3.9)	14.3 (±2.0)	51.9 (±3.5)	29.4 (±3.4)	12.4 (±2.4)	6.7 (±1.6)	7.2 (±2.0)	78.2 (±3.3)	18.7 (±3.0)	8.1 (±2.4)
Hispanic	-	-	65.7 (±10.1)	45.7 (±10.3)	13.4 (±5.7)	11.6 (±6.0)	3.0 (±3.1)	80.9 (±6.2)	-	12.9 (±5.1)
White	12.7 (±2.0)	8.8 (±2.1)	59.1 (±2.7)	44.5 (±3.2)	12.6 (±2.0)	9.8 (±1.5)	5.2 (±1.3)	74.8 (±3.7)	14.8 (±2.1)	16.2 (±2.5)

\* Exercised to lose weight or to keep from gaining weight—ever in lifetime (middle school); in the past 30 days (high school)

\*\* Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight—ever in lifetime (middle school); in the past 30 days (high school)

\*\*\* Gone without eating for 24+ hours to lose weight or to keep from gaining weight—ever in lifetime (middle school); in the past 30 days (high school)

\*\*\*\* Taken diet pills, powders, or liquids without a doctor's advise to lose weight or to keep from gaining weight—ever in lifetime (middle school); in the past 30 days (high school)

\*\*\*\*\* Vomited or took laxatives to lose weight or to keep from gaining weight—ever in lifetime (middle school); in the past 30 days (high school)

- = Fewer than 100 observations

# Appendix E (cont'd)

Table 10. Physical Activity by Sex, Grade and Race/Ethnicity, Middle School and High School

Physical Activity	Vigorous Physical Activity* % (95% CI)	Meets Physical Activity Recommendations** % (95% CI)	No Physical Activity*** % (95% CI)	PE Classes 1+ times a week % (95% CI)	PE Classes Daily % (95% CI)	Participation on Sports Team % (95% CI)
<b>Middle School</b>	<b>67.5 (±2.4)</b>	<b>N/A</b>	<b>N/A</b>	<b>64.9 (±6.3)</b>	<b>29.1 (±9.8)</b>	<b>54.2 (±3.1)</b>
Male	71.0 (±3.1)	N/A	N/A	65.9 (±6.8)	28.6 (±9.7)	60.1 (±3.0)
Female	63.9 (±3.3)	N/A	N/A	64.0 (±7.0)	29.7 (±10.2)	47.9 (±4.1)
6th	65.8 (±4.4)	N/A	N/A	58.5 (±9.4)	25.4 (±10.5)	53.2 (±7.0)
7th	68.1 (±5.5)	N/A	N/A	69.2 (±9.2)	29.8 (±12.1)	54.6 (±5.4)
8th	68.9 (±3.2)	N/A	N/A	67.1 (±7.1)	32.7 (±12.8)	54.9 (±3.8)
African American	61.2 (±4.6)	N/A	N/A	66.4 (±8.0)	31.8 (±14.0)	51.7 (±4.1)
Hispanic	73.2 (±10.3)	N/A	N/A	68.9 (±11.3)	25.3 (±11.8)	44.0 (±9.6)
White	71.6 (±2.2)	N/A	N/A	62.8 (±8.8)	28.1 (±10.2)	57.5 (±4.1)
<b>High School</b>	<b>59.0 (±3.1)</b>	<b>63.3 (±3.2)</b>	<b>12.8 (±2.1)</b>	<b>36.8 (±4.8)</b>	<b>29.1 (±3.9)</b>	<b>53.1 (±3.7)</b>
Male	67.9 (±3.0)	71.6 (±3.1)	8.7 (±1.8)	47.3 (±5.6)	37.7 (±4.5)	58.7 (±3.9)
Female	50.0 (±4.1)	55.0 (±4.1)	16.9 (±3.1)	26.7 (±4.7)	20.9 (±4.6)	47.6 (±4.5)
9th	67.8 (±4.1)	71.1 (±4.1)	10.5 (±2.7)	56.9 (±6.5)	46.5 (±6.2)	58.4 (±5.1)
10th	60.7 (±4.2)	65.7 (±4.0)	11.3 (±3.0)	31.3 (±7.1)	24.2 (±6.8)	53.7 (±4.3)
11th	54.1 (±4.8)	58.4 (±5.3)	12.5 (±3.0)	26.9 (±5.9)	21.9 (±5.2)	52.8 (±5.4)
12th	48.2 (±5.3)	53.0 (±5.8)	18.6 (±6.0)	23.7 (±9.3)	16.6 (±5.9)	44.7 (±6.3)
African American	52.3 (±3.3)	56.6 (±3.7)	17.8 (±2.8)	36.5 (±6.2)	25.9 (±5.6)	49.2 (±4.7)
Hispanic	59.7 (±9.1)	65.3 (±9.8)	16.2 (±6.0)	-	-	47.8 (±10.4)
White	63.6 (±3.4)	67.9 (±3.5)	9.1 (±2.1)	35.8 (±6.3)	30.4 (±5.2)	56.4 (±4.6)

\* Exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on 3+ days of the past 7 days

\*\* Current physical activity recommendations are 30 minutes 5 days a week (moderate physical activity) or 20 minutes 3 days a week (vigorous physical activity)

\*\*\* Participated in no vigorous or moderate physical activities in the past 7 days

- = Fewer than 100 observations

# Appendix E (cont'd)

Table 11. TV Watching, HIV/AIDS Education, and Sun Protection by Sex, Grade and Race/Ethnicity, Middle School and High School

TV Watching HIV/AIDS Education Sun Protection	TV Watching 3+ Hours per School Day % (95% CI)	HIV/AIDS Education % (95% CI)	Rarely/Never Wear Sunscreen % (95% CI)
<b>Middle School</b>	<b>51.7 (±4.9)</b>	<b>75.7 (±4.6)</b>	<b>65.3 (±4.4)</b>
Male	51.8 (±5.4)	75.1 (±5.0)	72.4 (±5.3)
Female	51.7 (±5.7)	76.3 (±5.3)	57.9 (±4.9)
6th	52.6 (±6.8)	62.4 (±7.9)	62.8 (±6.9)
7th	51.5 (±7.1)	78.1 (±7.4)	65.1 (±5.6)
8th	51.7 (±6.4)	87.8 (±3.7)	67.9 (±5.9)
African American	69.9 (±3.7)	76.1 (±5.4)	82.9 (±3.5)
Hispanic	50.1 (±10.1)	60.2 (±12.5)	65.3 (±8.9)
White	38.9 (±3.6)	77.3 (±5.5)	52.4 (±3.7)
<b>High School</b>	<b>42.4 (±3.8)</b>	<b>93.6 (±1.3)</b>	<b>74.8 (±3.1)</b>
Male	44.2 (±3.7)	92.6 (±1.9)	79.5 (±3.0)
Female	40.6 (±5.3)	94.5 (±1.3)	70.1 (±3.7)
9th	44.1 (±4.9)	93.7 (±1.8)	71.4 (±5.3)
10th	45.1 (±7.2)	94.6 (±1.9)	76.6 (±5.2)
11th	39.5 (±6.0)	95.6 (±2.4)	74.1 (±4.8)
12th	38.8 (±8.0)	89.7 (±3.0)	78.4 (±5.3)
African American	62.2 (±3.2)	90.8 (±2.6)	84.5 (±3.7)
Hispanic	45.7 (±7.6)	89.8 (±6.6)	-
White	28.4 (±3.0)	95.7 (±1.1)	68.4 (±3.9)

\* Rode in vehicle driven by someone who had been drinking alcohol—ever in lifetime (middle school); 1+ times in the past 30 days (high school)  
 - = Fewer than 100 observations

